



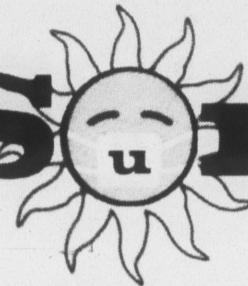
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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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THANK YOU FIRST RESPONDERS - Elle Blaton, 12, stands by a bench at the Squantum firehouse that she and her friends raised funds for in an expression of thanks to first responders who have been on the front lines of the COVID pandemic.

Quincy Sun photo/Tom Gorman

Squantum Girls Rally Community For Firefighters

Raise Over \$1,000 For New Bench At Fire Station

By TOM GORMAN

Elle Blaton saw how hard first responders were working during the COVID-19 pandemic – putting their health and lives at risk to keep everyone safe. Com-

pled to show appreciation, the 12-year-old Squantum resident rallied her two friends and spearheaded what turned into a community-wide effort to raise money for the firefighters at

Station 7.

The fruit of the effort was dedicated at the Squantum firehouse on April 26 – a bright red metal bench in front of the station where community members can

sit, relax, and chat with their neighborhood firefighters.

"I had a lot of toys and wanted to give back to all the first responders," said Elle, 12, a student at Central

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Keenan: Legislature Eyes Mail-In Voting Option For All Elections

By SCOTT JACKSON

The legislature is likely to make mail-in voting an option in all future elections, including Quincy's upcoming municipal election in the fall, Sen. John Keenan said recently.

State lawmakers gave all residents the chance to vote by mail in last September's state primary and November's presidential election amid pandemic. They also

made in-person early voting available ahead of the September primary for the first time.

The mail-in option has since been extended to this spring's municipal elections.

Keenan, a Quincy Democrat, said he was confident the mail-in option would be made permanent ahead of

the fall, when communities like Quincy will hold municipal elections.

"I am fairly confident that it will be," in place for the fall, he said. "I know there is certainly support in the Senate for making it permanent."

Lawmakers are considering legislation to allow early voting, both in-person and

by-mail, and there has also been talk about allowing for same-day voter registration, Keenan explained.

"A mail-in option, early voting – those would be key elements of it. There has been some discussion, and there will continue to be some discussion, about same-day registration. All

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Councillors Want College To Consider State System

By SCOTT JACKSON

City councillors on Monday asked Quincy College's board of governors to explore alternatives to operating as a municipally owned college, including joining the state's community col-

lege system or merging with another school.

The City Council approved a resolution – introduced by Councillors Anne Mahoney, William Harris, David McCarthy and

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Koch To Unveil Budget May 17

By SCOTT JACKSON

Mayor Thomas Koch plans to submit his budget for the upcoming fiscal year on May 17, two weeks later than he initially planned to do so.

Koch previously said he planned to present the budget during this week's meeting of the City Council. On

Monday, he said the budget presentation had been put off until May 17 as city officials work to finalize the spending plan.

"I don't want to submit something that is not exactly right," Koch told The Sun.

"There was more work being done on the debt ser-

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New Elementary Advanced Placement Model Planned

By SCOTT JACKSON

School administrators are planning a new model for advanced placement courses at the elementary level that includes advanced offerings in each school.

Administrators presented plans for the new model, known as the Reach Program, during an April 28 meeting of the School Committee's teaching and learning and special education subcommittees. A team of parents, teachers, principals and other administrators continues to finalize plans for the new program.

In recent years, between 60 and 70 fifth grade students were able to participate in the advanced placement program, according to Erin Perkins, the district's assistant superintendent.

The top 20 percent of students were chosen for screening into the program, based on their fourth grade MCAS scores, and then they underwent an additional assessment to gain entry into the program.

For the current school year, the district invited 140 fifth grade students into the

Cont'd On Page 13

More Quincy news:

The Quincy Sun.com

Canoeing For Fitness

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Without question, my best memory of my childhood years is taking an annual canoe ride with my father down the Susquehanna River in upstate New York.

We began with half-day excursions and eventually did overnight trips, paddling one canoe together and pulling our supplies in a second canoe attached by a rope. Canoeing definitely provides vigorous physical activity, but it can also be a relatively quiet time spent in a serene and peaceful natural aquatic environment. In my opinion, canoeing is one physical activity in which the mental benefits may be just as reinforcing as the physical benefits.

From a physiological perspective, canoeing is accomplished by pulling a paddle against the water using principally the muscles of the upper body, arms, forearms and core. Although all of these muscles are used to some degree, the primary paddling muscles are the latissimus dorsi, rear

deltoids, biceps, rhomboids, erector spinae, obliquus, and essentially all of the forearm muscles.

The pectoralis major, front deltoids, triceps, and rectus abdominis muscles are involved to a lesser extent. However, unlike competitive rowing, the leg muscles are not activated when paddling a canoe. Consequently, canoeing is an excellent complementary exercise for runners, cyclists, hikers and other fitness enthusiasts who typically train their legs but not their upper body muscles.

While drifting down river with the current is not effective for cardiovascular conditioning, serious canoe paddling provides an excellent aerobic workout. You will quickly discover that picking up your paddling pace can raise your heart rate and breathing rate substantially. Like other endurance exercise, regular canoeing can improve your heart's pumping capacity, your circulatory system's blood carrying capacity, and your blood's oxygen carry-

ing capacity.

If you would like to try canoeing this summer, consider the following recommendations for safe, successful, and satisfying on-water experiences. First, be sure to prepare your upper body muscles for the demands that paddling places on them. The most appropriate strength training exercises are as follows:

Upper Back: Rows (machines or dumbbells)

Chest: Chest presses (machines or dumbbells)

Shoulders: Lateral Raises (machines or dumbbells)

Arms: Biceps Curls and Triceps Extensions (machines or dumbbells);

Forearms: Wrist Roller

Midsection: Trunk Flexions, Trunk Extensions, and Trunk Rotations (machines or bodyweight)

I recommend performing one or two sets of each exercise using a resistance that permits 10 to 15 repetitions, two or three non-consecutive days a week. Whenever you can complete 15 good

Pull backwards until the paddle is extended comfortably behind you. After five to 10 pulls on your left side switch the paddle to the right side, with your left hand on top of the paddle and your right hand on the throat of the paddle. Use the same pulling action as you did on the left side, and continue to alternate sides every five to 10 pulls. If you are paddling alone in the rear seat, you may find that the front of the canoe angles away from the paddling side (toward the right when you are paddling on the left side).

If you have access to a rowing machine, you may want to perform some interval rowing sessions. I suggest doing two minutes of lower effort rowing alternated with two minutes of higher effort rowing. Begin with 12 minutes of rowing (3 easier 2-minute intervals and 3 harder 2-minute intervals) and progress gradually to 24 minutes (6 easier 2-minute intervals and 6 harder 2-minute intervals).

When you are ready to begin canoeing, be sure to dress appropriately and wear a non-obstructive life vest. It is also advisable to bring plenty of water and sunscreen. For optimal paddling, position yourself securely, centered on the seat in either the forward or back section of the canoe. When paddling on the left side, grasp the top of the paddle with your right hand and the throat of the paddle with your left hand. Reach comfortably forward and place the paddle into the water.



WAYNE WESTCOTT

tivity. Always check the weather forecast and keep an eye to the sky to avoid being caught in a lightning storm. If you do not own or have access to a canoe, there are numerous places on the South Shore where you can rent canoes for outings of various time frames.

Wayne L. Westcott, Ph.D., is chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycollege.edu

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We are seeking volunteers to assist at our Community Vaccine Clinic at 180 Old Colony Ave. in Quincy. A variety of hours available.

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2021

Quincy In A Good Place Post-Pandemic, Keenan Says

By SCOTT JACKSON

The city of Quincy should be in a good position headed into a post-pandemic world, Sen. John Keenan said in a recent interview.

Keenan, a Quincy Democrat, is a member of the Senate Committee on Re-imaging Massachusetts Post-Pandemic Resiliency. The goal of the committee is to determine what changes might be needed as a result of the ongoing pandemic and members are organizing listening sessions as part of that process.

"The purpose of the committee is to assess where we are as a commonwealth in some key areas such as housing, health, edu-

cation, transportation, find out where we are and then what will we learn from the pandemic and what types of changes will we make based on what we learned from the pandemic and what people's needs are going to be after the pandemic," Keenan said.

"What do we imagine the commonwealth looking like going forward?"

Quincy, Keenan said, should be in a good place.

"Quincy seems to be pretty well situated," he said. "As an example, we spoke with one of the gentlemen down at Granite Telecommunications in North Quincy. He looks at the area, that there is a really

Cont'd On Page 11

Quincy Council On Aging Events - May

By MARIE FERENT
Assistant Director, Quincy Elder Services

Quincy Council on Aging Shredding Day

Friday, May 7th - 10 a.m. - Noon

Seniors are invited to safely dispose of sensitive and personal documents to protect themselves from identity theft and fraud. Visit the Kennedy Center and have tax, financial, legal and other documents shredded free of charge.

Staples and paper clips do not need to be removed. Call the Kennedy Center at 617-376-1506 to register.

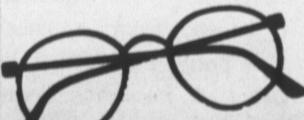
Quincy Council On Aging Presents
Spring Wake Up Rally
with Maggie and Joanne Monday,
May 10th - 10 a.m. - Noon

On Monday, May 10th from 10 am to noon meet in front of the Kennedy Center to pick up rally instructions. Participants will have until Friday, May 14th at 4 p.m. to turn in your answers, at the same spot you picked them up. This gives you the freedom to plan your days in baby steps, weather permitting to complete the rally. You can partner up, team up, go solo, whatever works safely for you.

We will start you off with a brain exercise answering a few questions about Quincy, then the rally is on. Dust off those sneakers, grab a sweatshirt, your water and go! Walk, drive and park, whatever transportation suits you. Do some, Do all, Have fun! No googling answers...go at your own pace. Get some outdoor exercise at the same time.

Hope to see you there! All participants that complete the rally will be entered into a raffle. Call 617-376-1506 to register.

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Two Residents Graduate Pipefitters Local 537's Apprentice Program

A new class of highly-skilled pipefitters and HVAC-Refrigeration technicians from Pipefitters Local 537's apprentice program are ready to build and service the state's hospitals, laboratories, and schools as the state emerges from the pandemic.

Twenty-four graduates hailing from Kingston, Braintree, Stoughton, Abington, Hull, Whitman, Rockland, Quincy, Pembroke, Scituate, Weymouth, Plymouth, Cohasset, Randolph, and Milton recently completed their apprenticeship training this Saturday, becoming official journeypersons in the Local.

Graduates from Quincy are James Gomez and Mark Woolard.

"As we return to a new normal, these graduates will play a key role in building back our region," said Tom Kerr, Business Manager and Financial Secretary-Treasurer of Local 537. "We're immensely proud of



LOCAL 537 GRADUATES get sworn in as official journeypersons. The list of graduates from the South Shore includes two Quincy residents: James Gomez and Mark Woolard.

Courtesy Photo

the skill, craftsmanship, and character they've shown throughout their apprenticeships and especially over the past year. They're unstoppable."

When Local 537's Training Center was forced to close due to COVID-19 last year, most classroom courses moved to an online format. Class sizes for in-person, hands-on training were

also reduced significantly to ensure social distancing and follow adherence to COVID-19 protocols. Prioritizing safety — and meeting these new challenges head-on — helped apprentices continue courses without a beat.

"Our graduates and instructors did an incredible job adapting in these unique times," said Local

537 Training Coordinator Paul McGrath. "Thanks to our readiness and their hard work, everyone completed their coursework on time. That's a big achievement."

The newly-minted tradesmen and tradeswomen will install and service ventilation systems, and build piping infrastructure throughout the region, en-

Cont'd On Page 11

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Moments in time

THE HISTORY CHANNEL

• On May 22, 1455, the battle of England's War of the Roses begins in St. Albans, 20 miles northwest of London. The forces of House of York, whose badge was a white rose, defeated the red-rose House of Lancaster. Both families claimed the throne and the war would stretch on for 30 years.

• On May 23, 1934, famed fugitives Clyde Barrow and Bonnie Parker are killed in a police ambush near Sailles, Louisiana. They died in a two-minute fusillade of over 150 bullets. The Barrow Gang was believed responsible for the deaths of 13 people, including nine police officers.

• On May 21, 1955, then-unknown singer Chuck Berry pays his first visit to a recording studio and cuts "Maybellene." The song became a No. 1 R&B hit and a top 5 pop hit. It helped that DJ Alan Freed played the record for two hours straight during his WINS radio show in New York City.

• On May 17, 1965, after a two-year investigation, the FBI declares the supposedly pornographic lyrics of "Louie Louie" to be officially unintelligible.

• On May 18, 1980, Mount St. Helens, a volcanic peak in southwestern Washington, violently erupts. The massive blast killed 57 people and leveled nearly all vegetation as far as 12 miles away.

• On May 19, 1997, a 3-year-old boy dies of avian influenza in Hong Kong. Before the outbreak was controlled, six people were dead and 1.6 million domestic fowl were destroyed. The virus mutated and caused 62 more human deaths in Asia by 2005.

• On May 20, 2007, Fox's long-running animated series "The Simpsons" airs its 400th episode. "The Simpsons" debuted in December 1989 with a special Christmas show, "Simpsons Roasting on an Open Fire." Its success paved the way for other adult-oriented animated series, notably "King of the Hill," "Family Guy" and "South Park."

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The Garden Bug

Mother plant

This is a source from which a grower gets new planting material that is identical to its "mother" plant. In choosing a plant for this purpose, pick one you like, that also has strong roots, a strong stem, a strong stem, is resistant to pests and fungi and matures steadily and easily. Pruning the branches of mother plants regularly encourages new branches to grow that you might replant in your garden, sell or give as gifts. Pruning the top keeps the mother plant from growing too large. Keep in mind that for some types, cutting a stem near its end may cause two new stems to grow! Some types grow their own "babies". - Brenda Weaver

Source: www.advancednutrients.com

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Keenan: Legislature Eyes Mail-In Voting Option For All Elections

Cont'd From Page 1
those are in the mix," he said.

"Certainly, we learned from last fall and we have seen and will continue to see with the town elections as they move forward, that people appreciate early voting and appreciate the opportunity to vote by mail. Whether it is a pandemic situation or not, it just makes it easier."

Keenan represents the Norfolk and Plymouth district on Beacon Hill, which includes all of Quincy, Abington, Holbrook and Rockland, as well as parts of Braintree. He credited election officials in those communities, such as Quincy City Clerk Nicole Crispo, for the work they did implementing mail-in and early voting last year.

"I know in my district, there was some concern among city and town clerks about having the resources to do it and I would suggest they didn't have the full resources that they needed, but they did a remarkable job in implementing all of it and it went pretty smoothly. I was not aware of any is-

sues with fraud or problems with tallying votes to any great extent. It seemed to go really well," Keenan said.

"I know in Quincy, Nicole Crispo, I have dealt with her on a few different voting issues and she really knows what she is doing. She's got a team in place and a great group of people who work on Election Day and they really did a good job. I voted early in I think maybe both elections – primary and final elections – in the fall, and I thought it was extremely well run."

Keenan noted that Massachusetts allowed communities to start processing early and mail-in ballots before Election Day. Some states, like Pennsylvania, did not do so.

"One of the keys, and we learned this from some of the other states across the country, is giving the municipalities the ability to process the votes...in advance of the polls closing so they are not just taking that day's results and then waiting for the early voting results. They can count them and release them simultaneously," Keenan said.

"I think that is a critical element in people having faith in how it is done."

In the interview, Keenan said he was supportive of both early voting and the vote by mail option, provided the necessary safeguards are in place.

"I think the more access that people have to the ballot and to the election process, the better, but obviously you have to have safeguards in place to prevent fraud and abuse and I think Massachusetts did a very good job with that," he said.

The senator said he would likewise support same-day voter registration.

"Yes, again subject to making sure all the safeguards are put in place to prevent any fraud," Keenan responded when asked about same-day registration.

"I have had this conversation with city officials in the past, election officials. They feel confident that they can do it and protect the integrity of the process."

Keenan said it is also important that the state reimburse municipalities for extra costs they incur because

of the changes.

"If we are going to do it, I think we have to make sure it is funded. I think the state has that obligation," he said. "There was some funding initially, but I think, as we make it permanent, we have to look at the dollar side of it as well."

Voters in Quincy will go to the polls this fall to elect all nine members of the City Council and three of the six members of the School Committee. The mayor's seat – which is a four-year term – is not on the ballot again until 2023. Nomination papers for those seats were made available Tuesday and are due back July 27. Would-be candidates must get the signatures of 50 registered voters to qualify for the ballot.

A preliminary election, if needed, would be held on Sept. 14. A preliminary election would be required if more than two candidates run for one ward council seat, or if more than six ran for either councillor at-large or the school board.

The final election will take place on Nov. 2.

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Keenan 'Feeling Great' After Cancer Treatment

By SCOTT JACKSON

Sen. John Keenan said he is feeling great after undergoing surgery for prostate cancer earlier this year and emphasized the importance of early detection.

"I was very, very fortunate and I just tell anybody that asks me about it, go to the doctor. Especially now because of COVID, people miss their annual appointments," Keenan said in a recent interview.

"It is so important."

Keenan, who is now 57, said he went in for his annual physical in September and after that his doctor asked him to come in for additional blood work. Keenan said those tests showed his prostate-specific antigen level, or PSA level, had increased quickly.

"As we get older, the PSA levels increase. While mine didn't go real high, they shot up very rapidly, so that was a concern," he said. "Then I went through the process of having an MRI and then biopsies and then ultimately the surgery."

Keenan said he had the biopsies done in December, on the same day the Senate was debating the state's budget for the current fiscal year.

"The day I had it scheduled was the day we were doing our budget debate in the Senate. So literally,



Sen. JOHN KEENAN

I was at home debating a couple things during the day and speaking on them, which was a whole interesting process while prepping to go in for biopsies, and then drove in," he said.

"We had a break in session, and I went in and I had 23...perineal fusion biopsies done and then got back in the car, and logged back on, got home and continued with the session. It was a rather uncomfortable day, but I didn't miss any votes."

In February, Keenan had surgery to treat the cancer and his recovery went better than he expected.

"I feel great," he said. "I had the surgery the first week of February and the recovery was better than I had thought, or better than I had hoped."

"I had surgery on Friday,

early detection is absolutely critical. And, if it is detected early, it is quite treatable, and that's the way I look at it," Keenan said.

"My father died of prostate cancer, but he was 87, so we don't know whether he had it for a year, five years, 10 years, 20 years. We really don't know, because he never really complained about much, but that is technically what he died of, metastasized prostate cancer, so when I got the diagnosis, I thought I would get all the options and then move quickly on it."

Keenan said he had a radical prostatectomy and his doctor believes the cancer was limited to his prostate. He is no longer undergoing any treatment.

"I get monitored, which I think is kind of standard procedure," Keenan said.

"The doctor is very confident. He said in most cases similar to yours, because it was caught early, it is curable, and he was pretty satisfied it had not spread beyond the prostate."

Keenan said his father, Philip, had died of prostate cancer in 2013 and that is why he decided to act quickly.

"Prostate cancer, from what I understand, is detectable in many men if there were to be autopsies when they died – it is detectable, but it's not to the point where it is a fatal. It is a cancer that can lead to death and people do die from it, so

Massachusetts General Hospital's cancer center for treatment and had his surgery done at Newton-Wellesley Hospital. He said he was fortunate to have access to the care he received.

"The message is get

to your doctor, get your

checkups and catch all these

things early," Keenan said.

"Also, from a policy standpoint, I'm very fortunate I had insurance. Living in this area, I was very fortunate to have access to some of the best care around. Those are two big pluses for living in Massachusetts – they really are. Treatment was near my home. If it was out in some other state, it just gets so much more complicated."

Scenes From Yesterday



THIS 1930 postcard shows one of the delivery trucks of Guay's System Bakeries Inc. The truck is parked on Maple Street next to the Quincy Post Office. Napoleon Guay, with his wife and daughter, founded the company in 1921 and grew it to become Quincy's largest bakery until it was closed 34 years later. It was widely renowned for its high quality home baked goods. The main store and bakery operation was located in a two-story building at 1455 Hancock St. When he started the business, Guay had purchased an old building there and then upgraded it in 1929 in the then popular art-deco style

with a stucco façade. At that time he had branch stores in Wollaston and Norfolk Downs as noted on the truck. By 1940 there were additional stores in Nantasket, Hull, Scituate, Hingham, Weymouth and two in Dorchester. Guay and his daughter, who had become president of the company, retired in 1954. They sold three stores to Dorothy Muriel's and closed the rest. The Hancock Street location became part of Kresge's Dollar Store that was next door.

From the Tom Galvin Postcard Collection

READERS FORUM

Supports Building Permanent Home For Quincy College

Today, I am writing as the chairman of the Quincy College Trust and a proud graduate of Quincy College. I owe much of where I am these days thanks to the opportunity Quincy College provided for me as a young man in the early 1990s.

As a graduate of the old Quincy High School, my post-graduate plans were unclear. I knew college was an option—but, I was unsure whether that was for me. Upon graduation from QHS, I attended Massasoit Community College and found I was missing classes due to the commute, working part-time and lack of connection to the school. After a year at Massasoit, I decided to transfer to Quincy College, complete my degree in Marketing and begin working full-time. After Quincy College, I went on to complete my bachelor's degree at UMass-Boston which helped me ascend in my career and I give Quincy College much of the credit for where I am today, director of Operations for Senior Resource Center, Inc in Quincy.

Quincy College is important and is providing a niche opportunity to students like me who weren't sure which direction their life and careers would go. Quincy College is important to students who aren't sure where they want their final college destination to be—but, want to continue their education in an affordable way. Quincy College can help students who may ultimately choose a trade or the military—by providing the flexibility and affordability of courses they can use in life, in their homes or should they start their own company.

By building a permanent location for Quincy College,

the school will bring a beautiful downtown campus to a growing city while providing a state-of-the-art facility to their students and offer benefits to surrounding companies, industry and commerce. For example, Quincy College customized a program that complements the growing hotel and restaurant industry in downtown and provides a management program for those students interested in pursuing a career in that space. Fully trained and educated employees with countless room for growth will only make the City of Quincy stronger.

Most of all, building a permanent location for Quincy College will allow the administrators and the city to create a long term, sustainable plan that will insure a place for Quincy College for generations. The stability and custom-built classrooms and labs and proximity to public transportation is phenomenal and will attract students from all over. Quincy College has the ability to create a niche on the South Shore and Greater Boston area that is unmet and primed for cultivation.

I urge the City of Quincy to pursue this option of building a permanent home for Quincy College and allow the college to become, what I believe, is a needed and important capstone to all the great things the City of Quincy is doing.

Scott S. Campbell
Quincy College Trust
Chairman
Quincy College
Class of 1995 - Marketing

Supports Liz Speakman For School Committee

On May 4 nomination papers were released by the Quincy Board of Registrars. I am excited to support Liz Speakman as a candidate for Quincy School Committee on the Nov. 2, 2021 ballot.

This year has demonstrated the strength and resilience of our school community. Families, teachers, staff and administrators have all been working extremely hard and doing their best to support the various needs of students during an incredibly challenging school year. The past year has also highlighted areas for improvement within Quincy Public Schools (QPS) such as equitable access to learning opportunities and resources, school climate, and social-emotional wellness.

Liz will bring a unique perspective to the Quincy School Committee as a clinical social worker and QPS parent of

younger children. She understands that going back to "normal" next fall is not enough. We need to take advantage of what we've learned and continue to think creatively to find solutions that better serve students and families. Liz envisions a QPS where every student and family feels seen, valued, and supported; a school system that prioritizes and takes a holistic approach to meeting each student's emotional needs as well as their learning needs.

To learn more about Liz and get involved with her campaign please go to: www.votespeakman.com

Jennifer Chen
Quincy

More Readers Forum On Page 6

Quincy's Yesterdays

This Week
1945
76 Years Ago

Fire Sirens Sounded On V-E Day

President Harry Truman proclaimed victory in Europe but told the nation its fighting job would be finished only "when the last Japanese division has surrendered unconditionally."

The City of Quincy, with a global war half won and Quincy boys still fighting in the vast reaches of the Pacific, observed V-E Day quietly, a bit grimly but with reverent thanks.

Mayor Charles A. Ross, upon hearing that the war in Europe was over, called fire headquarters and ordered sirens to be sounded.

Quincy's 14,000 school children observed the victory with appropriate exercises in various schools and then dismissed for the day.

Practically all liquor establishments in the city locked their doors and a large number of stores closed for the day. City Hall was ordered closed from noon to three in the afternoon.

QUINCY-ISMS

Pvt. Leif N. Thornton, 19, U.S. Infantry, youngest of four sons of Mr. and Mrs. Jens Thornton, Mayflower Rd., Squantum, was located "somewhere in Europe" after 14 weeks of training in Alabama. Private Thornton's two older brothers were in the Army, TL3 Gunnar Thornton and PFC Jen Thornton... PFC Charles Sears, son of Mr. and Mrs. Luther Sears, 33 Cranch St., was released from a German prisoner of war camp on April 13... The Woodward School for Girls announced six students had been inducted into the National Honor Society of the School. They were Marie Ash, Mary Ellen Bon-sall, Jean MacKenzie, class of 1945; Dorothea Dydek and Norma MacLeod, class of 1946; and Constance MacDonald, class of 1947... Miss Helen Davidson of 58 Common St., West Quincy, was honored at a bridal shower given by her relatives and friends. Miss Davidson will wed Marine Corporal O. Donald Gohl later this month... PFC Gerald "Red" LaPenna, son of Mrs. Sadie Barry, 14 Allerton St., Houghs Neck, was wounded in action April 18 while serving with the Fifth Army in Italy... A thief broke into Lucien's Restaurant, 80 Copeland St., West Quincy and consumed a jar of pickled feet before leaving with \$40... Pvt. Harold F. Starr, son of Peter J. Starr of Quincy received his third Bronze Star medal. Pvt. Starr has been in Europe for the past 18 months, serving with General Patton's Third Army... Webster's, 1423 Hancock St., Quincy Center, was advertising "A Lovely Gift for Mother, Blouses \$3.99"... The Board of Trustees of Woodward School announced that the school will charge tuition of \$100 a year effective in the fall... Grossman's, 130 Granite St., Quincy, was advertising "Fire Damaged Roof Shingles" for \$2.75 a square... Selma S. Slate, 6 Presidents Lane, was certified by state civil service for appointment as a social worker in the Quincy Welfare Department at an annual salary of \$1,800 per year... Ralph E. Ames, Jr., son of Mr. and Mrs. Ralph E. Ames, Sr., Park Avenue, Squantum, celebrated his fifth birthday with a party at his home... Quincy Electric Light and Power Co., 1533 Hancock St., Quincy Center, was offering 100-watt light bulbs for 15 cents each... The City Health Department reported that "old fashion mumps" led the list of reportable diseases in Quincy with 85 cases. The report also noted that the number of dog bites, 32, was high for this time of year... Miss Dorothy E. Boyle, yeoman first class, WAVES, was home for a 10-day leave with her parents, Mr. and Mrs. John Boyle, 54 Euclid Ave... Cary Grant was starring in the movie, "None But The Lonely Heart," playing at the Adams Theater, School St., Quincy.

Keeping Up With The Red Sox

Rookie pitcher Dave "Bo" Ferris won his first two appearances in a Red Sox uniform beating the Philadelphia A's and the New York Yankees. The Red Sox were in 7th place in the 8-team American League with a 6-10 record. (Editor's note: Dave Ferris won 21 games for the 7th place Red Sox in 1945 and notched 25 victories as the Red Sox won the pennant in 1946.)

READERS FORUM

Supports Proposal To Construct Permanent Home For Quincy College

I am writing to you because I am a lifelong Quincy resident and I support the proposal for construction of a permanent home for Quincy College.

Back in the 90s, Quincy College was jokingly referred to as the 13th grade. The college got that nickname because so many graduating students in the city from both Quincy and North Quincy High Schools attended Quincy College. Back then, and even still today, you only have three choices. You could either afford to go away to college, you could enlist into the military or quite frankly you went that "other" way that sadly so many young people choose when left with no other options. How-

ever, Quincy College gives graduating students, not just in our city but in the surrounding communities, a fourth choice. Quincy College gives students a chance to continue their education at an affordable price while also staying out of trouble after high school.

After I got my Associates degree from Quincy College, I entered the workforce wondering if my two-year Quincy College degree would ever matter. Well about a decade later it absolutely did. I applied for a job that required at least an associate degree w/ the promise that I would also go for my bachelor's degree after I was hired. Once I got the job, I immediately got my transcripts from Quincy

AJ Kabilian
Quincy

Encourages City Of Quincy To Create A New Quincy College

Growing up as a West Quincy kid, the importance of education was not enforced in my everyday life. Hard work, contribution to the household and establishing independence were the priorities. Although these are valuable teachings, education and encouragement to strive towards a post-secondary degree was not something instilled in me at a young age. Upon graduation from high school, I watched as some of my friends went on to college, and this never seemed like an option for me. It was then, amidst this uncertainty that I realized I deserved and desired more.

I was unsure of what I wanted to do in life, so I devoted a year of service to City Year Boston, which taught me the value of giving back to the community. City Year transitioned me from a child into an adult, by affording me to opportunity to act as a leader and role model. Shortly after, I embarked on a cross-country road trip with friends. It was on this trip that I ended up in the hospital, and was ultimately diagnosed with Type 1 Diabetes. From that moment on, the idea of self-discipline and responsibility took on an entirely new meaning, as I was faced with a lifelong chronic disease requiring in-depth management. Life is precious, and in an attempt to make the most of it, I decided to continue on with my education, and start my journey towards a college degree.

I was 26 years old when I enrolled at Quincy College, and it was through my education that my life took on

new meaning. Quincy College offered me the opportunity to begin cultivating my "second chance" through the Business Transfer degree. As a non-traditional student, an adult learner, who spent the majority of my 20's working in the service industry and traveling, Quincy College provided me the opportunity to continue on with my education in a setting and schedule that worked best for me at that time in my life.

Quincy College's affordable tuition eased any enrollment anxiety and their flexible schedule allowed me to continue to work full-time, without it being detrimental to my grades. For this reason, I graduated with zero student loan debt and with a Summa Cum Laude designation. It was this proven GPA that influenced my acceptance to seven highly ranked universities, including Bentley University. In addition, the financial packages offered to a proven transfer student were meaningful. This significantly reduced the financial burden of student loans, which many young adults are crippled by today. Quincy College's curriculum gave me a strong foundation of business knowledge necessary to seamlessly and confidently transition on to Bentley University, where I obtained my Bachelor's Degree in Finance.

My education at Quincy College had a significant impact on where I am today, not only in my professional development, as a successful Portfolio Manager and Commercial Lender at MountainOne Bank, but

Jared V. Bell
Quincy College Alumni
Associate's Degree
Business Transfer
program
Class of 2014

READERS FORUM

Residents Should Not Be Spending Money To Support Quincy College

I do not believe the residents of Quincy should be spending city money to support Quincy College.

Despite the fact it may still identify itself a municipal college in reality the city

has no say in how it is run. The residents of Quincy gain no benefit from Quincy College. Residents do not attend for free nor do they get a discount if they attend there.

Maronita Kelly
Wollaston

Former Quincy College President: 'Now Is The Time To Secure Its Future'

Quincy College holds a master key to the working- and middle-class for thousands of people otherwise potentially locked out of higher education and a pathway to the workforce for no other reason than their economic status. Today, our community has a chance, and I believe an obligation, to provide the growth and stability that will secure the kind of opportunity the College provides for generations to come.

That's why I'm writing today in wholehearted support of Mayor Koch's proposal to acquire property that will ultimately lead to the construction of Quincy College's first permanent home.

In short, I would not be the person, husband or father that I am today without the opportunities created from my time at Quincy College. By constructing a new facility, the City of Quincy will illustrate their ground-breaking progressive stance toward innovation as well as continue to improve the safety, health, prosperity and general welfare of their residents. In addition, the City will continue to be a role model to its neighboring communities, offering their residents a means to change their lives for the better through education.

As interim President of the College for a year, I saw first-hand the impact this institution can have. I listened to countless stories from students of countless backgrounds, each time inspired by their dreams, their own personal obstacles, and their tenacity toward achieving the better life an affordable education can provide.

During my time at the College, I was tasked by the Board of Governors and Mayor Koch with helping

opportunities specifically targeting Quincy residents don't take place. In fact, the planning of a new building facilitates those discussions.

A permanent building acknowledges that regardless of the changing dynamics of higher education, there will absolutely always be a need for physical space – whatever shape that may take.

I want to be clear that this proposal and the need for a new home is not about the College's survival. Of course challenges remain, as they do at any community college. But Quincy College is better positioned today than most institutions of its kind. Its financial stability is not in question. It's been here for more than 60 years, and it is not going anywhere. Instead, building a permanent home is about the College's growth, its ability to adapt to a changing educational world, and its ability to provide the clear path to the workforce at the heart of its mission.

Quincy College is deeply intertwined into the roots of our community. My mother and several family members went there – most of us have a relative or a friend with a story how of the College put them a pathway to success. Now is the time to secure its future.

Michael G. Bellotti
Norfolk County
Treasurer
Interim Quincy College
President, 2018-19

Ensure Quincy College's Future With A Permanent Home Of Its Own

Dear Editor:

I have been inspired by the many letters in *The Quincy Sun* over the last several months on the issues of equity, inclusion and social justice, so I am hoping that my fellow progressives will join me in support of what I believe to be a most tangible, real, and ambitious effort in our community today toward achieving equality – ensuring the future of Quincy College with a permanent home.

For many years, Quincy College has without question stood as our community's most vibrant beacon of equality. Every day, it has lived up to the Horace Mann adage that education is our society's great equalizer. Half of its student population is people of color.

The economic background of its students is similarly diverse, with so many enrolled over the years who otherwise would not be able to find a pathway to higher education and

the middle-class workforce. These are single moms who work full-time jobs; recent immigrants to our country working their way in a new land; young men and women from disadvantaged areas who unfortunately lack access to higher education opportunities; recent high school graduates unsure of their direction; workers left behind by a changing economy and in search of new training.

There is no greater impact we can have on ensuring equity than providing equity in education. Quincy College does that, and it needs the space, stability, and culture of its own permanent home to continue and grow in this role.

Maureen Glynn
South Quincy

Maeve McDonald Recognized For Academic Excellence At Assumption University

Maeve McDonald of Quincy, a senior at Assumption University in Worcester, was among 80 students honored for academic excellence in their individual fields of study.

McDonald, a member of the Class of 2021, received the departmental award for middle/secondary education.

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Social

Grab And Go Lunch May 20 At Kennedy Center

Standish Village will provide a grab and go drive by lunch on Thursday, May 20th from 11 a.m. to 1 p.m. at the Kennedy Center in Quincy.

Standish Village Assisted Living & Memory Care will be providing a Summer Quinoa Salad from their Brain Healthy Cooking Program. Following the Mediterranean diet, this salad includes quinoa, fresh tomato and basil, spinach, olives, olive oil,

balsamic vinaigrette, and their signature spice combination "Spice of Life!" Accompanying the salad, will be chocolate chip cookies.

Meals will be limited to one per person and registration is required. This event is limited to Kennedy Center members only.

Call 617-376-1506 to reserve your pickup time. Each member must register and pick up their own grab and go.

Summer Wellness Programming Returns To The Eustis Estate

Historic New England's Eustis Estate and Elliott Physical Therapy are partnering to bring wellness programming into the community again this summer, beginning in May and running through October.

The Eustis Estate offers a perfect and tranquil setting to relax and appreciate the natural landscape.

On Sundays May 2 and 16; June 16 and 27 and on Saturdays Aug. 14 and 28; Oct. 2 and 16, experience mindfulness movement in the serene landscape of the Eustis Estate.

Walking meditation will be led by certified instructor Elaine Totten Davis. All are welcome, including beginners.

On Saturdays June 12 and 19; July 10 and 24; Sept. 11 and 25, restore the body and quiet the mind in the peaceful oasis of the Eustis Estate with Outdoor

Yoga and Meditation classes. Certified instructor, Carol Abreu leads a yoga class on the lawn designed for all levels of practice.

All classes begin at 9 a.m. Each class is \$15 for members of Historic New England and \$20 for non-members. Bring your own yoga mat and be sure to dress in comfortable clothing. Masks are required on the property until you reach your yoga mat and must be worn after the class ends. Mats will be appropriately spaced for social distancing.

If you are feeling ill, please do not attend the class.

In case of inclement weather, class will be cancelled and tickets refunded.

For more information and to purchase tour or program tickets, visit www.historicnewengland.org/eustisestate. The Eustis Estate is located at 1424 Canton Ave., Milton.



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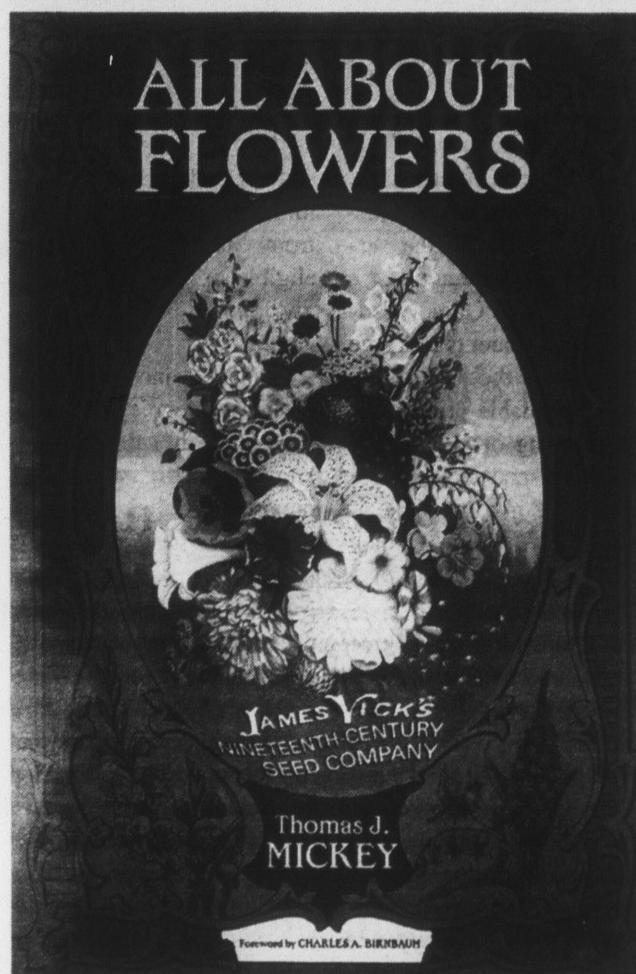
Victorian Flowers We Still Love Today: New Book All About Flowers: James Vick's 19th-Century Seed Company

Nineteenth century seed company owner James Vick (1818-1882) believed in being fair and honest with his customers. That ethical stance inspired his integrative communication methods at a time when business owners thought 'hype' was essential.

Vick had been an editor and writer before his seed business. He wrote his catalog and monthly magazine with words inspired with what would most help his customers.

This new book "All about Flowers: James Vick's Nineteenth Century Seed Company" by Thomas Mickey illustrates how the nineteenth century seed companies influenced both gardeners and the kind of garden that became essential, the flower garden. Mickey is a Quincy resident and professor emeritus from Bridgewater State University's Department of Communication Studies.

The second half of the 19th century made possible a media-driven garden which included what the garden should look like, where it should be in the home landscape, and what plants ought to be in it. The seed catalogs, garden magazines, and horticultural papers of the time suggested



the plants and indicated where to plant them in the garden.

James Vick's story has not been told yet. With his parents he arrived from England in 1833 and settled in New York. Within a couple of years he moved to Rochester, New York, where he began his mail order seed company.

Vick played a key role

in gardens everywhere in nineteenth century America, whether of the wealthy, the middle class, the working class, or the city dweller. Vick inspired gardeners everywhere with his own passion for gardening with flowers and his desire to spread the love of floriculture.

From the early 1860s Vick published yearly seed

catalogs and later also a popular monthly garden magazine. He systematized the seed business: growing seeds, drying them, packaging them, and shipping them around the country, well before both Sears and Montgomery Ward sent out their first catalog.

The 18th century gardens of England included flowers that became popular in the Victorian 19th century garden as well. Many of these same flowers continue to be essential in today's flower garden. The flowers include garden favorites like the geranium, nasturtium, lobelia, dahlia, morning glory, and hollyhock.

This book is based on several Vick archives in Rochester but also collections of Vick material from the Smithsonian, the University of Delaware, and the University of Massachusetts. Present-day descendants of Mr. Vick let the author examine their own memorabilia from the original Vick Company, including early copies of Vick's garden magazine and several chromolithograph illustrations.

"All about Flowers: James Vick's Nineteenth-Century Seed Company" is published by Ohio University Press.

Grow Edamame For Better Health And Nutrition

By MELINDA MYERS

Add a bit of fiber to your garden and diet. Consider growing edamame (edible soybeans) in this year's garden.

Soybeans help promote overall health reducing the risk of high cholesterol, diabetes, heart disease, and high blood pressure. Plus, the high fiber in soy helps fight colon and some other cancers.

Edamame is an ancient Asian vegetable and is often eaten right from the pod like peanuts. Edible soybeans are also used for making tofu, tempeh, soy nut snacks and more. In addition to their high fiber content, soybean's high protein content has made them a popular meat substitute.

Soybeans can be grown in a variety of soils and climate. They tolerate adverse conditions but perform best in warm temperatures, full sun, and moist well-drained soils. Add organic matter to less-than-ideal soils to improve drainage in heavy clay soils and increase the water holding capacity in sandy and rocky soils.

Try growing one of the edible soybean varieties such as Agate, Chiba Green, Midori Giant, and Envy. These have a better flavor and are more suited to your garden and recipes than field



EDAMAME PODS are ready to harvest when they are plump, green, rough, and hairy.

Photo Courtesy of MelindaMyers.com

when the seeds are fully enlarged but before they get hard. Waiting too long to harvest the seeds reduces the flavor and quality. Since all the seed filled pods usually ripen at the same time, you can pull up the whole plant and harvest the seeds from pods while sitting on a chair in the shade.

Use edamame within two to three days of harvest for the best quality. Store fresh edamame in the refrigerator in a perforated plastic bag.

Cook edamame by steaming, boiling, or microwaving the pods. Allow them to cool, then pop out the seeds to enjoy. Don't let any surplus go to waste. Blanche, then freeze whole.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is www.melindamyers.com.

Mother's Day Concert With International Flavor Sunday

On Mother's Day, Sunday, May 9th at 3 p.m. Milton Community Concerts will present a live-stream benefit concert, "Music She Wrote: Songs By and About Women."

This one-hour program will feature a diverse and prestigious group of composers and performers in a multicultural program to benefit Rosie's Place Women's Shelter in Boston. This

concert will also feature a talk by opera creator and Pulitzer Prize-winning librettist Cerise Jacobs.

Tickets can be purchased on the Sparrow Live concert platform (sparrowlive.com/

miltoncommunityconcerts) for a \$10 donation, and the concert will be streamed for a full month, until June 9th.

Eleven outstanding singers will perform music of many genres, including songs by female composers from their native country. The songs also cover a wide range of topics, including the Women's Suffrage movement, the Boston Women's Memorial statues, social distancing during the pandemic, and several songs about motherhood.

Ensemble Lyrae, a celebrated women's ensemble, will be performing, as will Broadway/film/TV star Kerry O'Malley, who will sing a song of hope from

the musical THE SECRET GARDEN. The pianist for this program will be Timothy Steele.

Special guest Cerise Jacobs will be giving a talk during this concert event. She is the founder of White Snake Projects, an activist opera company based in Boston. Under her leadership White Snake Projects has produced opera committed to both high production values and social activism, including PERMADEATH (a video-game opera); I AM A DREAMER WHO NO LONGER DREAMS (a wrenching immigrant story); and ALICE IN THE PANDEMIC (a digital opera

with live singing). Currently White Snake Projects is producing a digital opera called DEATH TO LIFE which explores systemic racism and long-term incarceration.

All net proceeds from this live-stream concert will go to support Rosie's Place Women's Shelter, the first women's shelter in the United States. It has served as a sanctuary for poor and homeless women in Boston's South End since 1974.

Generous grants from the Milton Cultural Council and from Celebrate Milton! are assisting in the production of this concert. For more information visit miltoncommunityconcerts.com.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Pizza Pork Chops Parmesan

By MARIE

When I look for recipes, I tend to look twice whenever I notice that the recipe includes tomato sauce which is a favorite of mine and the family.

Today's recipe for Pork Chop Parmesan surely has sauce and it is a very flavorful component to this dish. The pizza stuffing inside the chop makes it a wonderful entrée that the whole family and/or guests will enjoy!

DIRECTIONS AND INGREDIENTS

Prepare and grease a 13 x 9 x 2 baking dish; preheat oven to 350 degrees

6 double-ribbed pork chops about 1 and 1/4 inch thick
1 package of herb stuffing mix
1/4 cup onion, chopped
1/2 teaspoon of oregano
1/3 cup of water

2 tablespoons butter
1 large can of crushed tomatoes (or a jar of marinara sauce if preferred)
3 slices of sharp cheese (any favorite)

If you find a friendly butcher have him cut the pocket on one side of the pork chop; or you can cut a pocket yourself.

Prepare the stuffing mix according to the directions using the water and 2 tablespoons of butter then add the oregano and chopped onion until well-combined.

Season the pork chops with salt and pepper and then lightly stuff pockets of the chops.

Place in 13 x 9 x 2 greased baking dish.

Pour tomato sauce over the chops.

Cover tightly with foil.

Bake at 350 degrees for 1.5 hours or until well-done.

Remove the foil top with cheese slices. Serve with favorite salads or sides or favorite pasta.

Spring Italian Style Potato Salad

By SUZIE

Potatoes have been (and still are!) demonized by "dieters" and the poor spuds have been lumped in with pasta and bread. These red (or purple skinned) potatoes are filling, comforting, contain fiber (mostly found in skin) B vitamins, iron, and potassium.

So, when eating potatoes, always eat the skin (that you have scrubbed well) and always choose organically produced potatoes.

1 pound red potatoes, scrubbed
3 tablespoons good balsamic vinegar
1/2 cup extra virgin olive oil
1/4 cup red chopped pepper
1/4 cup green beans (that have been steamed just until bright green)
1/4 cup chopped red onion
1 clove minced garlic
2 teaspoon raw honey
Sea salt and pepper to taste
3 tablespoons combined chopped fresh Italian parsley and chopped fresh basil
Boil potatoes for about 20 minutes or until tender. Drain and let cool.



Slice in half, then into about 1/2 inch slices. (If you like it chunkier just cut in half again until you are happy with size.) Place in bowl. Steam green beans, if desired (you can put them in raw if you feel lazy!).

In separate bowl whisk oil, vinegar, garlic, honey, sea salt and pepper. Check for seasonings just by dipping finger in and tasting. Toss with potatoes and rest of vegetables. Add in fresh herbs and toss again.

Taste a potato, and if you need more salt, sprinkle it over top and toss again. Serve room temperature or cold (I like this even better the next day!).

Clam Fritters

By MARIE

There is just something about eating clams during summer time.

Today's recipe for clam fritters was given to me by my daughter, Ann Marie, who made this recipe as a side to a dinner that we had. The difference in her recipe to the one that I usually make was the addition of egg whites, which made them so much lighter and flavorful.

RECIPE AND INGREDIENTS:

2 well-beaten egg yolks
1/2 cup milk
1 container of fresh chopped clams
1 cup of fine, dried panko bread-

crumbs

2 teaspoons of fresh parsley, chopped
Salt and pepper to taste
2 stiffly beaten egg whites
Olive oil as needed (to cover skillet one-quarter inch)

Combine the first seven ingredients and then fold in the egg whites slowly.

Heat the oil and drop the batter using a tablespoon into a skillet containing 1/4 inch of oil.

Sauté the fritters turning once until browned on both sides and place to drain on a paper towel and enjoy.

P.S. You can keep them in a warming oven until you are ready to eat them.

with live singing). Currently White Snake Projects is producing a digital opera called DEATH TO LIFE which explores systemic racism and long-term incarceration.

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Peak Physical Therapy & Sports Performance Restarts Community 'Give Back 2021' Initiative

Peak Physical Therapy & Sports Performance, a South Shore practice specializing in programs that provide comprehensive treatment in orthopedic, spine and sports medicine specialties, has restarted its "Give Back 2021" initiative where each month one employee selects a charity

and Peak donates money based on the number of patients seen at the clinic.

The Hanover clinic selected the Germantown Food Bank in Quincy and the clinic raised \$139.

"Selecting a charity is a great way to stay aware of what is happening in the

communities where we live and work as well as broaden our awareness of people in need around the world," said Eric Edelman, PT, owner of Peak Physical Therapy & Sports Performance. "Our teams take great pride in volunteering and community outreach."

Eight Quincy Students Inducted Into National Honor Society At BC High

Eight students from Quincy have been inducted into the Robert J. Fulton, SJ Chapter of the National Honor Society at Boston College High School:

They are:
Damian Brown (Class

(Class of 2022)

The National Honor Society (NHS) was created by the National Association of Secondary School Principals to recognize high school students who have distinguished themselves in their school and community.

MCC

Milton Community Concerts presents

MUSIC SHE WROTE: SONGS BY AND ABOUT WOMEN

with Guest Speaker CERISE JACOBS,
White Snake Projects

Featured singers:

Grace Allendorf, Carrie Cherone, Helen Zhibing Huang, Carla Lopez-Speziale, Nyah Macklin, Vanessa Naghdil, Brianna Robinson, Jennifer Sgroi, Esther Yi-An Tien, Yoonjeong Yoo

with
Ensemble Lyrae
and
Kerry O'Malley, star of Broadway, film, and TV

Timothy Steele, pianist

Streaming on SPARROW LIVE
Available for viewing for one month beginning
MOTHER'S DAY, MAY 9 at 3PM

\$10 minimum donation
Net proceeds will go to support
Rosie's Place Women's Shelter

This concert is made possible by generous grants from
Celebrate Milton! and The Milton Cultural Council
For more info visit www.miltoncommunityconcerts.com

sparrowlive.com/miltoncommunityconcerts

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Social Security Matters

Ask Rusty: Will Taking 401K Distributions Affect My SS Benefit?

By RUSSELL GLOOR

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I'm 63 and retired from work, but not drawing Social Security. I have accumulated just over \$300,000 in my rollover 401K IRA. My wife is still working full time, so we have medical, dental and vision coverage. I have a few questions:

1) When I take IRA distributions throughout the year, do those dollar amounts get reported to Social Security as income?

2) If not, will my SS benefit change (will I be penalized?) for not working and having zero income as I continue to withdraw investments and show no income?

3) If my benefit will drop because of the last few years of no income, would it be advisable to start drawing Social Security now? **Signed: Planning Ahead**

Dear Planning Ahead: Whenever you decide to claim Social Security, they will compute your benefit amount from your lifetime earnings history. They will adjust your earnings for inflation in all years prior to the year you turned 60, find the 35 years in which you had the highest (inflation-adjusted) earnings, and use that "average indexed monthly earnings" (AIME) amount to determine your Primary Insurance Amount (PIA), which is your benefit entitlement at your full retirement age (FRA). From there, your age when you claim determines your final Social Security payment amount. Born in 1958 your FRA is 66 plus 8 months, and that is the age at which you will get 100% of your PIA. If you claim benefits before your FRA, your payment will be reduced; and if you wait until after your FRA to claim your benefit will be increased. If you wait until you are 70 to claim, your SS payment will reach maximum (about 27% more than your FRA benefit amount). Now, to your specific questions:

1) Distributions taken from your 401k or IRA are not reported to Social Security as "earnings" and do not count toward your Social Security benefit entitlement.

2) If you have already retired from working, having zero earnings now won't further affect your final SS payment amount because your benefit will be based upon your 35 highest-earning years. However, if you have a recent benefit estimate from Social Security, that estimate assumed that you would continue to earn at the same level you most recently reported to the IRS until you reached your FRA. So, if you got the estimate while you were still working (or shortly thereafter), the estimate is higher than your actual benefit will be. If you received the estimate a year or more after you stopped working, the estimate is more accurate. In any case, your 401K withdrawals will not count as SS earnings.

3) Claiming now would result in a permanently reduced SS benefit amount because you haven't yet reached your full retirement age. But claiming now wouldn't be a hedge against your current lack of earnings, because your benefit will be based upon the highest earning 35 years over your lifetime.

If you don't already have a full 35 years of SS-covered earnings they will still use 35 years in the benefit calculation, adding \$0 earnings for enough years to make it 35. If that is the case, you could offset some of those zero years in your lifetime history by returning to work now, thus increasing your benefit when you claim. If you already have at least 35 years of earnings, enjoy your retirement!

One last thing to consider: if you predecease your wife, at her FRA she will be entitled to 100% of the benefit you were receiving at your death (if that is more than her own). In other words, when you claim your benefit will affect the amount your wife can get as your widow. The longer you wait to claim, the higher your wife's survivor benefit from you will be.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

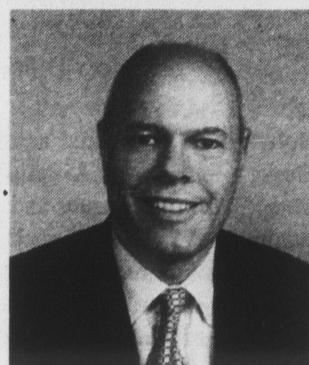
To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Robert DiGiovanni Joins South Shore Savings Bank

Robert DiGiovanni has joined South Shore Bank as director of Cash Management and Municipal Banking. DiGiovanni brings 25 years of banking experience and a solid record of providing innovative cash management solutions.

In his new position, DiGiovanni will lead the bank's expansion and increased emphasis on cash management services for commercial customers.

As director of Cash Management and Municipal Banking, DiGiovanni will oversee sales and services related to automated clearing house, wire transfers, lockbox, positive pay, remote deposit capture, business online banking, account analysis and third-party vendor management.



ROBERT DIGIOVANNI

In addition, he will manage the strategic direction for Cash Management related to technology and third-party relationships.

Over the last year, the pandemic has changed the way people bank. One of DiGiovanni's top priorities is to help clients adapt to these changing times, with an emphasis on electronic banking and mobile

services so that clients can bank efficiently with added convenience. He will work closely with the leadership of Commercial Banking, Retail Banking and Wealth Management teams.

"Bob is a great addition to our commercial services team," said South Shore Bank CEO James Dunphy. "We look forward to Bob bringing his experience and forward-thinking approach to growing our commercial business and helping our clients solve their cash management needs."

"My goal is to build the best cash management team on the South Shore and offer our clients the latest solutions and technologies so they can easily manage their cash flows and reduce risk, allowing them to more eas-

ily focus on growing their business," DiGiovanni said.

Prior to joining South Shore Bank, DiGiovanni spent 20 years at Eastern Bank, holding positions across the banking spectrum, most recently as senior vice president and director of Retail Banking. He spent nearly five years at Northern Bank as senior vice president and general manager of Retail Banking and Cash Management.

DiGiovanni is a Massachusetts native and lives in Scituate. He was a member of the Eastern Bank President's Club and has earned several awards during his banking career, including the Eastern Bank Corporate Leader of the Year and Eastern Bank Pinnacle Club Award.

Wollaston Garden Club Spring Plant Sale May 15

The Wollaston Garden Club will hold its annual Spring Plant Sale on Saturday, May 15th from 9 a.m. to noon.

The sale will take place

outside at the Wollaston Congregational Church on the corner of Winthrop Avenue and Lincoln Avenue in Wollaston. The Club will be following all state COV-

ID -19 guidelines to protect members and guests.

Wollaston Garden Club tradition has members splitting up their hardy perennials that have been successfully and beautifully grown in their gardens. There will be flowering plants, shade plants, and sun loving varieties with gardeners available to describe best plant-

Bethany Congregational Church

Sunday, May 9 is the Fifth Sunday of Easter, and Mother's Day, also known as Festival of the Christian Home.

The service at Bethany Congregational Church will begin at 9:30 a.m. Rev. Patrick McCorkle will preach, music will be provided by Paul Frazer as soloist. Church School will be in session.

Regular services are also available online. Check the church website for instructions on how to watch.

The Annual Bethany Church Yard Sale will take place on Saturday, May 15th. As for all events, COVID precautions will be maintained.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethanycongchurch.org. Telephone number is: 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call



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Scituate, MA. 02066
Office: (781)378-2593

Quincy/Marina Bay Office
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During the past month, the Quincy Police Drug Control Unit conducted an investigation into the sale of oxycodone pills. The target of the investigation was identified. Detectives learned that the 28-year-old male resided at 200 Cove Way, Quincy and that he drove a Kia Optima. Detectives also learned that his license was expired. Detectives applied for and were granted search warrants for his residence and vehicle.

On April 27, at approximately 4:45 p.m., detectives executed the search warrants. Detectives observed the target of the investigation operating the Kia Optima. The Kia Optima was stopped and the defendant was arrested for unlicensed operation of a motor vehicle. He was then shown the search warrant for the vehicle. He was advised that a search of his residence and vehicle were going to be conducted.

While detectives spoke with the defendant, other members of the DCU executed the search warrant at his residence at 200 Cove Way. A 26-year-old male roommate was home at the time. He was secured in handcuffs and shown a copy of the search warrant. A thorough search of the residence was then conducted. During the search of the apartment the following items were located: approximately 1,200 grams of a white powder believed to be cocaine, several hundred assorted Oxycodone pills, several MDMA pills (Ecstasy/

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

Molly), several hundred assorted oxycodone pills, several Xanax pills, approx. 75 amphetamine pills, three (3) firearms [(2) 9mm handguns and (1) .40 caliber handgun], ammunition, over \$36,000 in U.S. currency, and other items indicative of a drug distribution business.

The 28-year-old male/resident, who was operating the Kia Optima, was transported to the Quincy Police Station. Once detectives completed the search of his home, he was charged with the following: Trafficking Class A (oxycodone) over 100 grams, Trafficking Class B (cocaine) over 200g, Possession with Intent to Distribute Class B (MDMA), Possession with Intent to Distribute Class B (methamphetamine), Possession with Intent to Distribute Class E (Xanax), (3) counts Possession of Firearm in the Commission of Felony, (3) counts of Unlawful Possession of a Firearm, Unlawful Possession of Ammunition, Improper Storage of a Firearm, Conspiracy to Violate the Drug

Laws, and Unlicensed Operation of a Motor Vehicle. Most of the items located in the apartment were found in the bedroom of this individual.

The 26-year-old resident, who was home at the time the search warrant was executed, was placed under arrest and transported to the Quincy Police Station. He was charged with Unlawful Possession of Ammunition (which was found in his bedroom) and Conspiracy to Violate the Drug Laws. Detectives believe both residents conspired with each other to violate the controlled substance laws.

All contraband was placed into evidence and will be forwarded to State Police Drug Lab for further analysis. All U.S. currency and cell phones located during the search warrants have been seized pending civil forfeiture. Detectives believe the currency is proceeds from illegal drug sales and the cell phones were used to facilitate those sales. The Kia Optima was towed to the Quincy Police Station. A search of the vehicle recovered oxycodone pills and \$300 in U.S. currency.

Great work!

If you suspect drug activity in your neighborhood, please reach out to our Drug Control Unit by calling 617-328-4527 or emailing anontips@quincyma.gov. You can also submit a tip using our MyPD app. You can remain anonymous!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, APRIL 23

VANDALISM/PROPERTY (gray Toyota Prius), 10:36 a.m., Quincy Avenue and Richard Street. Passenger window smashed. Nothing taken from inside. Parked at the street. Report to be filed.

BREAKING AND ENTERING/PROGRESS (dwelling), 10:06 p.m., Campbell Street. Language barrier with caller. She is hysterical, not providing anything further. Caller requesting Mandarin interpreter. Caller reporting party is now in house, accessed from backyard. Possible B&E. New damage to door. Parties attempted to make entry, were unsuccessful. Suspects are two Hispanic males, approximately 30-40 years old, wearing all black clothing. 775/ACU3 and ACU6 checking surrounding area for suspects. 775 now reporting female stated suspects did in fact make entry into the home with tools, unknown what type. Nothing taken, no inj. Report to be filed.

SATURDAY, APRIL 24

ASSAULT AND BATTERY (3 people), 1:42 a.m., Revere Road. Arrest made. Inside the building, multiple callers from the address. No weapons; reporting party is going to meet the officers out front - caller would not give any other information, just kept saying 'I don't know.' Third caller states that male assaulted her and her husband. Brewster notified. Signed refusal. Arrest for A&B, Walpole MTC VOP and default warrants.

LARCENY/MOTOR VEHICLE (2020 black Honda Accord), 2:20 p.m., Dysart Street. Caller states he woke up and his car was missing from his driveway. He states he parked it at 7:30 p.m. last night. Reporting party states he may have left a key in the car and the doors may have been unlocked. Reporting party states that he cannot think of anyone who may have borrowed the vehicle and no one had permission to use the vehicle. No past calls for repo in past calls.

LARCENY/MOTOR VEHICLE (green Ford pick up), 4:22 p.m., Quincy Public Works, 55 Sea St. See caller in lobby. Report.

VANDALISM/PROPERTY (to vehicle), 6:12 p.m., Hillsboro St. Inspection sticker was spraypainted. Also tried taking sticker. Report to be filed.

BREAKING AND ENTERING/PROGRESS (commercial), 9 p.m., Old Colony Avenue. Male in the building, 6-foot 1, male, blonde hair, beard and a hat on on possible ex-employee. Was fired in August. Report to be filed.

SUNDAY, APRIL 25

LARCENY/MOTOR VEHICLE (white Nissan 2500), 10:39 a.m., Hayden Street. Male dropped the keys outside last night, could not locate keys in the dark. Now car is missing from lot this morning. Larceny/MV form filed.

BREAKING AND ENTERING/PAST (laptop), 12:07 p.m., Southern Artery. In QPD lobby. Report.

VANDALISM/PROPERTY (house egged), 8:49 p.m., Beechwood Street. Just occurred. Caller did not witness it, but believes it was neighborhood youths that hang out at Fore River Field. Report filed.

MONDAY, APRIL 26

LARCENY/MOTOR VEHICLE (scooter), 9:12 a.m., Quarry Street. Reporting party states he parked his red and silver motor sport one scooter in between the buildings and now it is no longer there. Requests to report it stolen. Case number provided. Report to be filed.

BREAKING & ENTERING/PAST (money was tak-

en), 11:46 a.m., Martensen Street. Reporting party states \$2,000 was taken while he was out of residence. Report to be filed.

ASSAULT AND BATTERY (possible A&B), 8:54 p.m., Cleverly Court. Reporting party states her roommate physically assaulted her with her fist. No weapons. Suspect is now back in room. Brewster X6 clear, no EMS needed. Report to be filed. Complaint for A&B.

TUESDAY, APRIL 27

VANDALISM/PROPERTY (15 people fighting), 12:04 a.m., Weston Avenue. Reporting party states that there are about 15 people fighting outside her apartment door. Screaming could be heard in the background. Reporting party refused to give name, apartment number or to buzz officers in the building. She stated 'figure it out, I just live here.' Report on damage to door.

LARCENY/MOTOR VEHICLE (overdue rental), 10:22 a.m., Home Depot, 465 Centre St. Reporting party from QPD lobby reporting an E350 Ford Transit Rental Van white with Home Depot name on it. Stolen motor vehicle, record entered.

WEDNESDAY, APRIL 28

VANDALISM/PROPERTY (ATM screen), 12:48 a.m., Bank of America ATM, 660 Hancock St. Bank of America security got a call stating ATM screen was smashed unsure if suspect in area. Screen damaged but no access to machine itself. 778 bringing iPad to scene. BOA to shut down site for night until repaired. Report submitted.

VANDALISM/PROPERTY (door), 11:52 a.m., Weston Avenue. In QPD lobby. Damage stemming on ongoing neighbor problem from previous tenant. Home owner stated old tenant from prior owner may have damaged door two days ago. Advised that if old tenant returns he can have her trespass as she is no longer a resident. Advised.

LARCENY (wallet), 2:29 p.m., New York Mart, 733

Hancock St. Reporting party's father dropped his wallet in store and they have surveillance footage of someone picking it up and not turning it in. This occurred between noon and 1 p.m. Reporting party and his father are currently at store. Report.

BREAKING AND ENTERING/PAST (dwelling), 4:45 p.m., Beale Street. Caller arrived home to find her home broken into. Caller has already walked through the home. Report filed.

BREAKING AND ENTERING/PAST (cut lock on gate), 7:07 p.m., Ayers Brothers, Inc., 440 East Squantum St. Will be in front of building. Report filed, complaints for a warrant.

THURSDAY, APRIL 29

LARCENY/MOTOR VEHICLE (motorcycle), 7:57 a.m., Centre Street. Caller states that last night his motorcycle was stolen and the chain it was tied up to was cut. Form filed. Report to be filed.

LARCENY (money), 6:04 p.m., Fayette Street. Reporting party states he provides non-emergency medical transportation and sometime during the work day \$7,000 went missing from his vehicle. He is unable to provide exact location where money was taken. He is getting a list of clients from his supervisor. Report.

Calls For Service: 988

Larceny Motor Vehicle: Centre Street (1 motorcycle, 1 overdue rental vehicle), Quarry Street (scooter), Hayden Street, Sea Street, Dysart Street

Breaking & Entering in the Past: East Squantum Street, Beale Street, Martensen Street, Southern Artery

Breaking & Entering in Progress: Old Colony Avenue, Campbell Street

Home Invasion: Elmwood Park

Cybercrime Is On The Rise

Cybercrime is on the rise, and the onset of the COVID-19 pandemic has left businesses more vulnerable than ever. In the first nine months of 2020, hackers exposed 36 billion records through methods such as phishing and malware.

A big reason businesses don't prioritize cybersecurity is that many don't recognize the gravity of cyberattacks. Securing your online system protects everything from your employees' personal information and health records to your intellectual property and data. Here are 5 essential ways to safeguard your business against cybersecurity threats.

1. Backup your data

Most businesses are familiar with data backups; in fact, over 90% of companies claim to secure their information through backups. However, out of this number, only 28% perform weekly data back-ups.

Nearly 70% of companies are losing precious information because they did not back up their recent data, according to Acronis. The simple task of securing your files on either a virtual database, like cloud storage, or a physical database, like a USB drive, will grant you access to your information in cases of cyber threats, as well as accidental deletions and power outages.

2. Install security software

According to Tessian, 88% of cybersecurity breaches are the result of human error. In other words, most cyberattacks

take place because of the unintentional actions of employees, such as clicking on malware or using a vulnerable password. A Google/Harris poll found that 65% of people use the same password across all or multiple sites, making it easy for hackers to access workplace systems.

Downloading security software can help prevent these mistakes from occurring. In addition to anti-virus software and firewalls, it's advisable to set up spam filters to protect against phishing campaigns.

3. Use encryption and MFA

Encryption is a technique that encodes information, making it impossible for hackers or anyone outside of your workplace to consume your data. The number of businesses that utilize encryption is on the rise, with nearly 50% of companies claiming to encrypt their data in 2020.

While encryption is a strong line of defense, it should not be your only one. Businesses should take advantage of multi-factor authentication (MFA) to prevent cybersecurity breaches in the first place. MFA requires extra information, such as a unique code sent to a mobile device, to protect against hackers.

4. Protect against internal threats

Verizon claims that 30% of data breaches come from internal actors. While you can do your best to hire trustworthy

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Quincy In A Good Place Post-Pandemic, Keenan Says

Cont'd From Page 3

strong workforce, very well educated with a very good work ethic. They are trying to figure out how they will bring workers back to their buildings, but he thinks this area really is a good area for businesses and expects it to be that way going forward.

"They have many – dozens – of job openings they anticipate they are going to have to fill in operations and also in sales. They ended up having a pretty good year and think they are poised to go forward."

Keenan said Granite Telecommunications is an example of the types of businesses that now call Quincy home.

"I think if you look at that, which is kind of an IT sales, tech-oriented company, Quincy has pretty successfully transitioned to that over the years, whether it be banking, health care, insurers," he said.

"They are industries that are pretty well suited to either stay home and work or to go back to the office. I think there is a pretty good sense that Quincy is well situated to come out of this."

Housing will remain a concern because demand for single-family homes and condominiums remains high while supply is limited, Keenan stated.

"Housing is still a concern, because housing prices in Quincy are very, very expensive," he said. "The inventory is pretty low, so when something hits the market there is usually a bidding contest for it and it goes pretty quickly."

The rental market remains competitive as well.

"Apartments, I think Quincy is competitive with other communities and comparative with other communities, meaning there is a lot of housing coming online and you can see that the developers and owners of these developments are offering incentives to move in. It might be a month's free rent or two months of free rent," Keenan said.

"That is similar to what they are doing in Boston and surrounding communities. There is a pretty big push to fill these units, but most seem to be optimistic that

they will, particularly with the incentives. That's good news for Quincy."

The senator also noted Quincy has received significant aid from the federal government over the past year – including \$46.3 million from the American Rescue Plan, approved by Congress in March – and even more money could be headed the city's way if federal lawmakers can pass a new infrastructure bill.

"The other good news for Quincy and other communities, but Quincy in particular, is there has been significant federal money available to deal with the effects directly of COVID in terms of reimbursing the city for COVID-related expenses and for backfilling, providing resources for certain accounts in the city," Keenan said. "Money that will help them, for instance, replenish some of the accounts they had to use to balance the books for this current fiscal year.

"Then there is the promise of the money coming for the infrastructure bill, which will be an enormous boon for the city. So, the city is pretty well situated to get a significant infusion of funds from the federal government to use on a whole lot of different things. The greatest amount of that money may

come in for infrastructure and I know the mayor is ready to use that money for infrastructure."

Peter Forman, the CEO of the South Shore Chamber of Commerce, likewise spoke at a listening session along with Michael Dutton, Bridgewater's town manager. Both spoke about housing, Keenan said.

"Peter's take was that when people buy a home, particularly south of Boston...the formula has always been in their mind, how far can you go out so you can find something affordable that gives you a little more in terms of space and yet the commute is acceptable if you work in Boston?" Keenan said. "So, you go out further to get a lower price and little bit more for your money, and you balance that with the length of your commute."

"Going forward, that formula might not hold any more because people will be working more remotely, he believes; not entirely, but more, so that formula will change. It may be less of how far you can go out because you will be working remotely a significant amount of time and there might be less demand on public transportation and the roads going forward. So, you may be willing to go out a little further to get

and he anticipates continuing to move forward with future developments," Keenan said. "He didn't mention anything specifically, but he plans on moving forward with future developments. He thinks the market will be strong after the pandemic."

"He thinks that some developers will have to do some things differently with their projects, because he thinks that people are concerned if there is another pandemic there will be a bit of a different demand for housing," Keenan added.

"Will there have to be more common spaces, more work spaces available? Will people for instance like at The Abby appreciate having stores nearby where they can go to a store locally quickly? He feels that is where things were headed anyway, but they have maybe been accelerated."

"He was pretty encouraging in terms of what the real estate market will look like afterwards."

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more."

"What he pointed out, and what the town manager from Bridgewater also spoke of, is that once that happens you may find in some of these smaller communities a little further removed from Boston a demand for more community amenities. More sidewalks, for instance, in some of the towns so people can be out walking. More passive recreation space. They may want a little busier core in the town so they can do their shopping more locally. They will be focused more on schools as well and what the schools offer."

The committee also heard from Wendy Northcross, the CEO of the Cape Cod Chamber of Commerce. Keenan said she told the committee businesses across the Cape are planning for a busy summer but are also having difficulty finding enough workers.

"She highlighted the difficulties they are having getting the workforce down there. Housing is still an issue on the Cape – it always has been – but their real concern going into the summer months is how are they going to meet the demand of summer visitors," Keenan said.

"The Cape, she said, is absolutely booked for the

summer. Hotels, rentals, completely booked. Restaurant owners are excited about the prospects of there being great demand but really, really worried about whether they are going to get a sufficient number of workers to meet that demand. That remains to be seen."

"They are trying to think about some creative things to do – tying in education opportunities for workers so if somebody comes from out of state they can go to the Cape, work there in the summer and then in the fall enroll perhaps in a community college."

In the past, Keenan said the lack of housing on the Cape made it difficult to find workers, but that is not the case this year.

"This year they don't think it will be as big of an issue because they just don't have enough workers. They have the capacity to have more workers on the Cape and the ability to house them," he said.

Cape businesses have historically relied on foreign workers, Keenan said, but the pool of foreign workers will be limited this year.

"They have relied on foreign workers enormously and that has pretty much disappeared," he said. "There

is definitely an uncertainty about that workforce."

In addition, Keenan said some individuals have been hesitant to reenter the workforce amid the pandemic, particularly with the federal government providing supplemental unemployment benefits.

"With people still getting supplements to their unemployment, there is a hesitancy to go back to work," Keenan said. "That is lessening as people are getting vaccinated and as we get into the season where people who are on unemployment realize they can make more money working. So, that is starting to transition but whether it transitions quickly enough for the Cape remains to be seen."

Keenan said it has not been determined what the committee will do with all the information it has gathered, but he expects there would be a report issued.

"I think at a minimum you will see some sort of report outlining what has happened and then detailing what we have heard and then some recommendations for the commonwealth to be ready to act and move into a post-pandemic economy," he said.

"It's going to be really interesting."

Two Residents Graduate Pipefitters Local 537's Apprentice Program

Cont'd From Page 3
suring buildings are well-prepared for a return to in-person work, learning, and more.

Their expertise also meets a clarion call President Biden recently made in announcing his American Jobs Plan. In his remarks, President Biden singled out

pipefitters who will be critical in "replacing 100% of the nation's lead pipes and service lines so every American, every child, can turn on a faucet or fountain and drink clean water."

Local 537's five-year curriculum trains apprentices to master everything

from basic approaches to the latest cutting-edge tools and technology. As a result, Local 537 pipefitters, welders, and HVAC technicians are consistently ranked among the top piping professionals in the world. The graduating classes include nine veterans.

Free Zoom Event:
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Tuesday, May 11th
12:00 p.m. - 1:00 p.m.
Zoom Meeting
Login info provided when you RSVP

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Quincy Real Estate Transactions April 26 - April 30

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Kevin R. & Annie McCarey
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Steohen C. & Jessica Cahill

Walter M. Fabian Irrevocable Trust
John J. Campbell
Jay Anand & Ramesh Chander
Elizabeth Harrington, Gwendolyn & Mitchell Klutsch, Robert A. & Kathryn Raimondi
Kerrin O'Leary
James V. Princiotta & Cheryl A. Reggiannini
Myrtha & Paul Chenard
150 Hancock Street Realty LLC
Franklin Street Falcone Property LLC
150 Hancock Street Realty LLC
Benjamin J. & Kristina M. Shellington
Xue Q. Zou, Jia J. Li & Ying F. Lin
Chun H. Li & Meicai Huang
Laura Driscoll
370 Beale Street Realty Trust
Stanley P. Chin
Eamon Clarke
Seth R. Whittles
Stephen C. Regan
Whaler Lane LLC
Richard W. Link
Estate of Maureen B. Casey
Robert McAuliffe
Brewster Nominee Trust
Oak Grove Terrace LLC
Morgan & Kristen A. Aronoff
Matthew Goodrich
Robert S. & Mary B. Forrester
David J. Paparella
Brian Konish & Ryann Czarnee
Morris Beale Trust
Jordan Family Trust
Manchong Cheong
Xiu L. Liao
Dianne F. Simmons
Jackie Chin
11-17 Newbury Street LLC
Washington Street 653 Realty Trust
Julee M. Jaruszawicus & Jeff R. Huffstutter
Joan W. Gallagher
John & Linda Burkly

BUYER

	AMOUNT	ADDRESS
Tiffany T. Chan	\$590,000.00	67 Colby Road
Roderick A. Medina & Lani R. Lei	\$676,000.00	980 Furnace Brook Parkway
Janet & Stephen Stanton	\$585,000.00	40 Greenleaf Street, Unit 101
Quincy Shore 152 Realty Trust	\$100,000.00	152 Quincy Shore Drive, Unit 11
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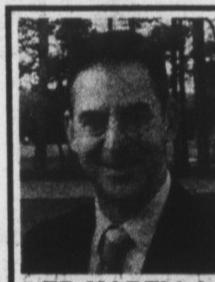
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New Elementary School Advanced Placement Model Planned

Cont'd From Page 1

program because the pandemic put a halt to the regular screening process. Those students have been meeting remotely in groups of eight for two hours every week.

The planning team was assembled earlier this year to determine how to screen students this spring for enrollment in next year's advanced program, Perkins said. The team also decided to revisit the overall model for elementary advanced coursework.

"We had to kind of figure out how we would go about screening this spring," Perkins said. "We also felt like this was a good opportunity to take a look at how we are currently working with and providing advanced learning for our students and see if there were changes or ways we could do a better job of providing those opportunities."

Perkins also noted some schools have historically not sent as many students to the advanced placement program as others.

"One of the things we have noticed was that there are schools that are kind of historically underrepresented in the program," she said,

such as Atherton Hough, Parker, Snug Harbor and Squantum in some years.

"We were looking at some of these schools and wondering how can we reach these children? How can we do a better job of providing this opportunity across the district to more students?"

Under the new Reach Program, teachers will travel to each of the thirteen schools in the district with grade 5 students – all eleven elementary schools, plus Point Webster and Sterling Middle Schools – rather than have the grade 5 students in the advanced program move between schools during the day. Perkins said some grade 5 students had previously opted out of the advanced program because they would have to leave their home school during the day.

A total of three teachers will travel to the individual schools, Perkins said, and each grade 5 class will get one day of support. New opportunities for grade 3 and 4 students will also be built into the schedule, she said, and the teachers will also collaborate with teachers in grades K to 2.

Madeline Roy, the district's senior director of curriculum, said the design of the program is still being finalized. The team hopes to determine the criteria for student eligibility early this month and is planning to begin outreach in the middle of the month, including an information session for families on May 18.

The district will post the job listings for the three new teachers in late May or early June and will also identify students at that point, Roy said. Later in June, the district will hire the new teachers, provide training and professional development as needed, and communicate with families of eligible students.

School board members welcomed the new Reach Program.

"This is a big day – long overdue," said Frank Santoro.

"For you to do it so quickly, I appreciate it – the team – to meet so many times and come up with a solution that would create a more equitable experience for our advanced learners, not just in one particular grade but throughout a school."

Courtney Perdios, who

was involved in the planning effort, was hopeful the program could expand further in the future.

"I am beyond ecstatic that we are starting to delve into offering advanced academic opportunities for kids in younger grades," she said. "I see this as a first step to servicing and meeting these kids. It is definitely not the final destination for the program, so I look forward to seeing how it is going to be expanded and evolve as we go forward."

Paul Bregoli asked if teachers would be able to recommend students for participation in the Reach Program.

"I think that is a critical piece of evaluating a student," he said. "They have the kid in class for 180 days

and they can see the kid's potential."

Perkins said the planning team is working on a student attribute checklist as a way to get input from teachers.

"We are really talking about attributes of high-ability learners," she said. "Not just academics, but also humor is in there, perfectionism is in there. Social/emotional components as well are part of the attributes checklist."

"You would have your screening, but you would also have your attribute checklist," Perkins added. "Both would be looked at for acceptance into the program."

Emily Lebo said she was concerned that English language learners could be excluded from the program because they might not be as strong in English language arts as they are in other subjects.

"If those kids don't get into this program, it is not going to be equitable," she said. "I really worry about separating those kids out so soon and having them think they are not bright because they don't have the ELA skills."

Perkins said the attribute checklist would ensure English language learners could participate in the program.

"If a student, maybe they are not strong in ELA...but their teacher has filled out the attribute checklist and they are off the charts in the attribute checklist, that way they would still have the opportunity to participate in the program," she said.

AAA: MA Gasoline Prices Up 3 Cents

Massachusetts's average gas price is up three cents from last week (\$2.77), averaging \$2.80 per gallon.

Monday's price is 6 cents higher than a month ago (\$2.74), and 87 cents higher than May 3, 2020 (\$1.93). Massachusetts's average gas price is 10 cents lower than the national average.

"While we saw little

price fluctuation at the pump in April, we're likely to see much larger increases as demand for gasoline begins to increase, especially as Memorial Day and the busy summer travel season approaches," said Mary Maguire, AAA Northeast Director of Public and Government Affairs.

AAA Northeast's May 3 survey of fuel prices found the current national average to be 2 cents higher than last week (\$2.88), averaging \$2.90 a gallon.

Monday's national average price is 3 cents higher than a month ago (\$2.87), and \$1.12 higher than this day last year (\$1.78).

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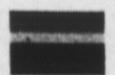
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O'Donnell Discusses Online Research Capability For Genealogy

And History Enthusiasts

Register of Deeds William P. O'Donnell is reminding genealogy enthusiasts and those with an interest in the rich history of Norfolk County that all Registry hand-written land documents have been transcribed and are available for viewing via our website www.norfolkdeeds.org.

"Since the beginnings of the COVID-19 pandemic back in mid-March of 2020,

many have had to stay close to home. Certainly, freedom of movement has been curtailed for individuals and families who have a concern about contracting the coronavirus," O'Donnell said.

"Many have spent hours online catching up with family and friends via social media. If you are looking for something new to do and have always been curious about your family history or local

history, the Norfolk County Registry of Deeds can be a valuable source of relevant information via its online research offerings.

"A few years back," O'Donnell continued, "the Registry and its vendor completed a project which transcribed all our hand-written land documents dating back from 1793 to 1900. Prior to this effort, these hand-written documents were in many cases difficult to near impossible to read. With the transcription project completed, our over 8 million land documents can be accessed for viewing from the comfort of your home via our website www.norfolkdeeds.org."

It should be noted that while the transcribers made a best effort to translate

these hard to read documents, their accuracy is not guaranteed.

"These transcribed documents," noted O'Donnell, "are not legal documents in and of itself, and are not considered binding on the Norfolk County Registry of Deeds or its employees. It is considered merely a convenient reference for Registry users. For documentation purposes, users should refer to the scanned image of the original document instead of the transcribed image."

Concluding his remarks, O'Donnell said:

"While the Norfolk County Registry of Deeds building in Dedham remains closed to the general public due to the COVID-19 state of emergency, our online research offerings remain a

viable way for genealogists and history buffs to perform research from the comfort of their homes. Please know that as your Register of Deeds, I continue to take very seriously my core responsibility to be the custodian of land document information in Norfolk County.

"Myself and the Registry staff strive each and every day to ensure the accuracy and accessibility of these land documents. I am proud that future generations will be able to access these land documents and read the transcribed images with the ongoing goal of ensuring a correct record of land documents here in Norfolk County."

To learn more about these and other Registry of Deeds events and initiatives,

like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Cybercrime Is On The Rise

Cont'd From Page 10

employees, it's impossible to verify the reliability of every single person you hire. Methods to prevent internal breaches include:

- Outlining strict computer policies (forbid employees from bypassing firewalls)
- Installing IDS (intrusion detection systems)
- Changing passwords frequently (and especially when employees leave)

In just the past two years, the number of internal cybersecurity breaches has escalated to 47%, according to The Ponemon Institute, making it more essential than ever to implement these policies and changes.

5. Create an incident response plan

When it comes to physical emergencies, such as fires, most workplaces have a plan in place. However, an IBM study found that an overwhelming 77% of organizations do not have a response plan ready when it comes to cybersecurity. Considering that, according to a Black Hat USA survey in 2019, 65% of business leaders predict the occurrence of a security breach in their organization in the coming year, you should have a protection plan ready.

An incident response plan (IRP) is a set of instructions designed to help recognize, address, and recover from network security threats. In short, an IRP calls for creating a list of responsibilities for team members, summarizing technologies that the team should use, and detailing a data recovery process.

The main purpose of an IRP is to detect a cybersecurity breach as soon as it happens. In the unfortunate incident that employees fail to prevent the breach, knowing about the incident can lead to a smoother and swifter recovery. Believe it or not, in a 2016 Bitdefender survey, 74% of companies reported that they didn't even know how hackers gained access.

Cybersecurity resources

The fact that we can't physically see cyberattacks doesn't make them any less dangerous. A single data breach in the United States can cost a company over \$8 million and expose employees' and clients' personal information, hurting the brand itself and the people behind it. That's why it's more important than ever to take steps to secure your business against cybersecurity breaches.

Learn more about cybersecurity resources by visiting these BBB tips on cybersecurity

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Quincy LGBTQ+ Commission Announces Public Statement For LGBTQ+ Solidarity

The City of Quincy LGBTQ+ Commission announces they have created a public statement of support for Quincy's LGBTQ+ (Lesbian, Gay, Bisexual, Transgender & Queer) community that can be signed by residents, businesses, nonprofits, and community-led organizations. The statement, which can be signed electronically, is intended to promote inclusion, equity, and respect for all Quincy residents and visitors.

Quincy LGBTQ+ Commission Chairperson Garrett Nichols described the statement as an important act of public support by city residents and organizations.

"Quincy is a wonderful city with a thriving LGBTQ+ community, and this statement is our way of demonstrating just how much support there is for LGBTQ+ lives and experiences here," he said. "LGBTQ+ people need these kinds of moments, though, to understand the strength of their allies and community.

"By signing this statement, you're essentially telling your LGBTQ+ neighbors that you accept and affirm them, and I can't overstate how important that is to LGBTQ+ people,"

Nichols added.

Tim Cahill, president of the Quincy Chamber of Commerce, praised the initiative.

"Expressions of support like these highlight Quincy's strengths and show people that everyone is welcome in our city," Cahill said. "Our city's businesses are just as diverse as its residents, and this statement showcases that fact. Diversity and inclusion are, quite simply, good for business and good for Quincy."

The statement reads, in part:

"We support and affirm Quincy's LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, and Queer) community. Because no identity stands on its own, discrimination and bias that targets race, class, gender, religion, ethnicity, immigration status, disability, and more not only hurt Quincy but also its LGBTQ+ community. Quincy is at its best when all people are valued and treated with the utmost respect."

The statement is followed by a list of commitments to the LGBTQ+ community, including standing up against discrimination, practicing inclusive lan-

guage, embracing opportunities for personal growth, and making Quincy a welcoming community for all.

Everyone who signs the statement can request to receive a free window decal they can display to indicate their support for LGBTQ+ people. Signatories to the statement will also have the opportunity to have their names listed publicly by the City of Quincy LGBTQ+ Commission.

Businesses, nonprofits, and community-led organizations who sign on to the statement will also have their organizations listed so that LGBTQ+ residents and visitors will know they are welcoming and affirming.

Anyone who wishes to sign the statement (as either an individual or an organization) can do so online at bit.ly/quincylgbtq. The Commission will begin publicly listing those who signed at the end of May in advance of June, which is traditionally recognized as LGBTQ+ Pride Month.

Live Online: Saying Thank You To the Dog: Etiquette Reflections After A Year Of Lockdown

The Thomas Crane Public Library invites the public to join Robin Abrahams on Tuesday, May 11 at 7 p.m. as she reflects on 16 years of solving social dilemmas—and does her best to solve yours.

The program is entitled "Saying Thank You to the Dog: Etiquette Reflections After A Year Of Lockdown, with Miss Conduct."

Abrahams is the "Miss Conduct" columnist for *The Boston Globe Sunday Magazine* and writes the "Socially Scientific" column for

the science humor magazine *Annals of Improbable Research*. A research associate at Harvard Business School, she has also worked as a stand-up comedian and holds a doctorate in psychology.

This is a live event only and will not be recorded for rebroadcast.

Join on Zoom (meeting ID 814 8575 9477). Using the free Zoom app is recommended. You can call (646) 558-8656 and use the same meeting ID to listen to the audio.

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Four Mass Vaccination Sites Closing By End Of June

By SCOTT JACKSON

Gov. Charlie Baker on Monday announced four of Massachusetts' seven mass COVID-19 vaccination sites will be closing by the end of June as the state refocuses its inoculation efforts to target harder-to-reach populations.

The sites scheduled to close include the Hynes Convention Center in Boston and Gillette Stadium in Foxborough, as well as locations in Danvers and Natick. The remaining three sites – Boston's Reggie Lewis Center plus locations in Dartmouth and Springfield – will remain open.

Speaking at a State House press conference, Baker said 3.95 million Bay State residents have gotten at least one dose of the COVID-19 vaccine. With 180,000 individuals slated to get their first dose this week, the state will reach Baker's goal of fully vaccinating 4.1 million residents by the start of June.

"This represents an incredible achievement. The people of Massachusetts are outperforming the rest of the country by leaps and

bounds," the governor said. "Now that we believe we are going to hit the 4.1 million goal we started with over the next few weeks, it is time to adapt our vaccination effort to make sure we get to some of the harder-to-reach populations."

As part of that effort, Baker said the state would "shift vaccines to smaller-scale operations that can focus on particular communities or particular populations."

"By bringing the vaccine to where people are so that everyone knows they have an easy opportunity to protect themselves and their families, we hope to make this process more convenient, more accessible, and continue to add to the count of those who are already full vaccinated here in Massachusetts," he said.

Baker said more doses would be provided to the state's 22 regional collaboratives. The number of doses allocated to the state's 20 hardest hit communities will be doubled, he said, and mobile vaccination clinics will be expanded.

The governor also noted that physicians are "one of the most trusted sources to administer the vaccine." To that end, the state is working with the Mass Medical Society to give more primary care providers the ability to administer the vaccine by the middle of this month.

"This isn't easy and will require everyone working out the complex storage and scheduling logistics to ensure all doses are put to good use," Baker said.

All Massachusetts residents ages 16 and up are now eligible to get the vaccine. Residents can schedule an appointment to do so online at mass.gov/covidvacine or by calling 2-1-1.

The governor said anyone who had been waiting to schedule an appointment should do so now, because there are plenty of slots available statewide.

"There is no more waiting or hassle, you don't have to get up in the middle of the night to schedule an appointment, and you can protect yourself, your family and get back to normal by getting vaccinated soon."

he said.

Dr. Paul Biddinger, the chief of the Center for Disaster Medicine at Massachusetts General Hospital, urged residents to get vaccinated if they have not already done so. All three vaccines cleared for use by the federal government are safe and effective, he said.

"These vaccines are more than 90 percent effective in the real-world settings all together at preventing infection with COVID," Biddinger said.

"Just in the past couple

of weeks, we have seen data that have showed that people over the age of 65 are 94 percent less likely to be hospitalized...if they are fully vaccinated. And in all age groups, we see data that shows that fully vaccinated individuals have a decreased risk of dying, by more than 29 times what it would be if they are un-vaccinated."

Biddinger also encouraged younger people, who might be reluctant to get vaccinated because they are less likely to be hospitalized or die from the disease

than older adults, to get their shots because those younger individuals are still susceptible to long-haul COVID-19.

"Approximately 10 percent of individuals who get infected from COVID may have ongoing symptoms – of respiratory, of cardiac, of neurologic illness – that persists after their acute infection with COVID is over," he said.

"The best way to avoid these extended symptoms, no matter what age range you are in, is to get vaccinated against COVID."

Quincy Point Congregational Church

Sunday, May 9 is Mother's Day and the 10 a.m. service will be celebrated online on the Quincy Point Congregational Church YouTube channel.

You can view the service online on YouTube on most smart devices or computers or cable providers (just use the voice command on your TV/Cable remote and say, "Quincy Point Congregational Church on YouTube.")

The worship is also

broadcast on Wednesdays at 6 p.m. on QATV channel 8 or QATV.org.

May 16 and May 23 are the projected dates for the next outdoor in person worship services. These services are weather permitting so stay tuned to the church Facebook and Twitter pages. You can also add yourself to the mailing list to receive updates by visiting www.quincypointcong.org and filling out the form on right hand bottom of page.

Church school for all airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel on Sunday. This week make a card and surprise gift for mom. Joyce and Karen guide you through the Bible Basics Curriculum until May 23.

Following this season there will be a summer version of church school for all, on Sundays starting on May 30, featuring stories about Bible characters.

Norfolk County Sheriff's Youth Leadership Academy Expands To Franklin

The Norfolk County Sheriff's Office is bringing its Youth Leadership Academy to Franklin this summer as part of a pilot to expand the popular program throughout Norfolk County.

From Aug. 16th – 20th, Norfolk County youth between the ages of 10 and 14 can participate in a week of adventure activities designed to build self-confidence, leadership, communication and goal-setting. The Sheriff's Office currently runs a Youth Leadership Academy in Braintree.

"Giving children the opportunity to build self-confidence and challenge themselves in a safe environment is important in helping them develop the skills to succeed in adulthood," said Norfolk County Sheriff Patrick McDermott. "Our Youth Academy in Braintree has been proof of that, and I am glad to be able to extend this opportunity to families across Norfolk County with this pilot program in Franklin."

The home base for the Franklin Youth Leadership Academy will be Dean Col-

lege, which will provide lunch for all participants. Students will participate in a variety of icebreakers, games, activities, and demonstrations. The Academy also includes a full-day field trip to Tree Top Adventures in Canton, where students will have the opportunity to challenge themselves on a high-ropes obstacle course. The Youth Leadership Academy operates on a "Challenge by Choice" model, in which participants set their own self-challenging goals.

Because of COVID-19 social distancing requirements, the number of available spots at the Franklin and Braintree Youth Leadership Academies is limited. COVID-19 mitigation protocols are in place, includ-

ing social distancing, mask wearing, and sanitation of all surfaces.

Fifty spots are available for interested youth in this pilot program and are expected to fill quickly. Registration for the Franklin

Youth Leadership Academy is now open.

To learn more, contact Paula Glynn at 781-751-3501 or Youth@Norfolk-SheriffMA.org or visit www.NorfolkSheriff.com/Youth.



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Movie Review: 'Demon Slayer: Mugen Train'

By BOB GARVER

Here's a movie I didn't expect to be reviewing two weeks ago.

I didn't know how this anime movie from a franchise unknown to me had managed to get such a plum positioning in theaters, but it was sure to lose to "Mortal Kombat" in its opening weekend and the horror movie "Separation" this past weekend.

"Mortal Kombat" did indeed win the films' opening weekend - \$23 million domestically to this film's \$21 million, on twice as many screens. I have no doubt that this movie could have pulled a huge upset

in just a few hundred more theaters. This past weekend, that upset occurred. Not just over "Separation" (I saw it, don't bother), but over "Mortal Kombat." "Demon Slayer: Mugen Train" is the #1 movie in the country.

It should be noted that I am not the best person to be reviewing this movie. I'm not a fan of anime in general. I think the animation invariably looks like some sort of rough draft that should have been cleaned up before the comic or cartoon was released.

And again, I was not even remotely familiar with the "Demon Slayer" franchise before going into

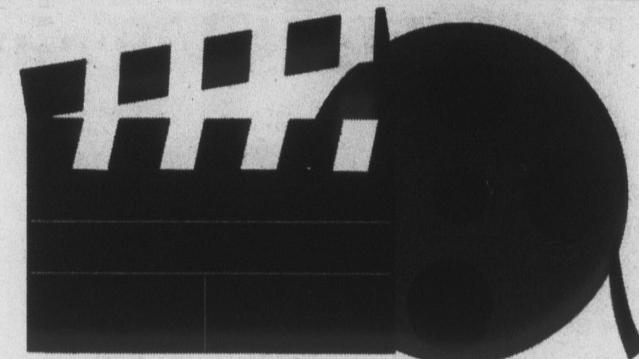
what is essentially "Demon Slayer: The Movie." I know that "Pokemon," "DragonballZ," and "Naruto" have huge fanbases and I wouldn't be surprised if a movie based on one of those was a hit, but to me, "Demon Slayer" came from out of nowhere and expected me to jump in somewhere in the middle.

From what I've been able to gather of the plot, the series follows Tanjiro (Natsuki Hanae) as he tries to avenge his family against the demons who killed most of them, save for his sister Nezuko (Akari Kito), who was turned into a demon and now has to travel

around caged in a suitcase. He is assisted by his friends, the cowardly Zenitsu (Hiro Shimomura) and the headstrong Inosuke (Yoshitsugu Matsuoka). Inosuke, who wears the head of a boar as a mask as a tribute to the pack of boars that raised him, is clearly the most popular character in the franchise.

The movie sees the group hop on board a train so they can meet up with famed demon slayer Kyojuro (Satoshi Hino) and hopefully become his apprentices. Kyojuro is happy to take them on, as he is happy about everything in life. He expresses appreciation for each individual bite of food as he chows down.

But the train is secretly under attack from wannabe demon Enmu (Daisuke Hirakawa), who wants to destroy our heroes' souls through his ability to trap them in good dreams. Tanjiro dreams he is back with



his family and wants to stay there forever, but he's needed in a darker place.

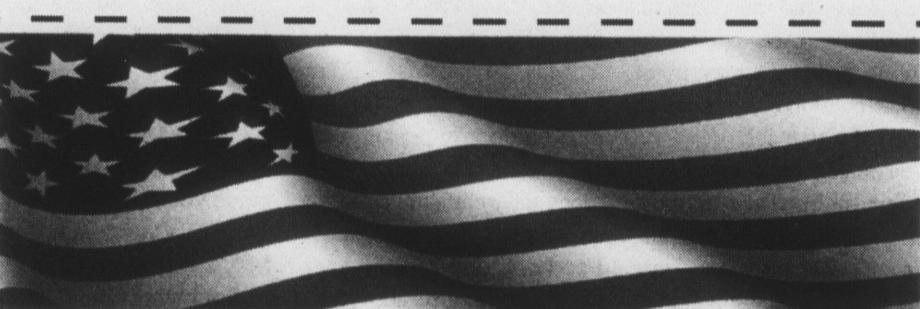
The movie takes forever to get to its action sequences, and even when it does get to them, the characters' powers are so poorly defined that I could never be sure of who was winning. There's also a second antagonist who shows up later in the movie, and is very out of place in what had up to that point been a surprisingly tight-knit story. There's a battle sequence that is admittedly impressive, but keeps going after it appears to be over, then restarts after another false finish, then re-

starts again. After a while, I found myself unable to trust the movie to give me a finish at all.

I'm happy for "Demon Slayer: Mugen Train" for achieving its level of success. It's fun to see an occasional surprise at the box office, especially when the competition is so crummy; But this movie didn't manage to make me a fan of "Demon Slayer" and its pacing is all out of whack. Remember though, this opinion is coming from a non-fan of the entire anime genre. It is likelier than usual that opinions will differ from mine, especially for fans of the series.

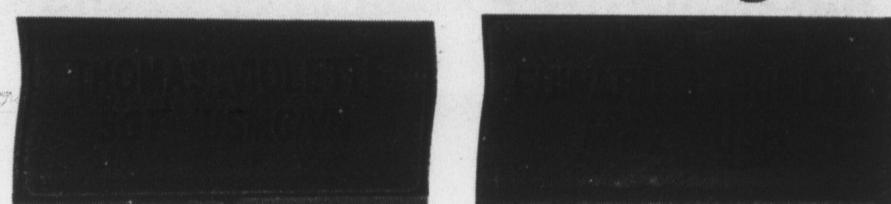
Grade: C-

"Demon Slayer: Mugen Train" is rated R for violence and bloody images. Its running time is 117 minutes.



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for PHASE 2 are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

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Public Access Channel 8

Thursday, May 6
5:00pm: Bethany Congregational Church
7:00pm: AM Quincy: Chamber of Commerce

Friday, May 7
11:30am: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, May 8
12:00pm: CIQ Interview: Quincy Public Schools
7:00pm: The Call

Sunday, May 9
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, May 10
11:30am: Currently in Quincy
7:00pm: AM Quincy: Chamber of Commerce

Tuesday, May 11
.7 - 9am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, May 12
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, May 6
1:30pm: Falls Prevention and Stress Management
6:00pm: At Your Library: May Happenings

Friday, May 7
6:00pm: Update DPW: Spring Season
7:00pm: Good Deeds: Registry of Deeds
8:00pm: TPCL Presents: Bollywood Funk Dance

Saturday/Sunday May 8/9
11:00am: Falls Prevention and Stress Management
12:00pm: City Council Ind. Public Hearings 5/3
4:30pm: Zoning Board of Appeals 4/27
6:00pm: At Your Library: May Happenings
7:00pm: City Council Ind. Public Hearings 5/3

Monday, May 10
9:00am: Nat'l Institute on Aging: Go4Life Workout
1:00pm: Glass Studio on Cape Cod: Vase

Tuesday, May 11
1:30pm: Fur, Fins and Feathers
5:30pm: LIVE: Zoning Board of Appeals

Wednesday, May 12
9:00am: Tai Chi with Vince Journeaux
1:30pm: Wildlife in the City

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

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Outdoor Tours At Dorothy Quincy Homestead May 15

The Dorothy Quincy Homestead Committee announces they will offer the first in a series of outdoor tours at the Dorothy Quincy Homestead for the 2021 tour season on Saturday, May 15. The homestead is located at 34 Butler Rd. off Hancock Street, Quincy.

The public is invited to visit the grounds of the Homestead in celebration of the birthday of Dorothy Quincy Hancock, the first First Lady of Massachusetts and one of the three Dorothys of the Quincy family to reside at the Homestead.

Dorothy Quincy, born in Boston on May 10, 1747, was the youngest child of Edmund Quincy IV and Elizabeth (Wendell) Quincy.

Affectionately known as Dolly, she spent many childhood years at the family's summer home, as the Homestead was a pleasant retreat from the summertime heat and crowds of Boston. She was 10 years old when her father went

bankrupt, and for a time, the Edmund Quincy IV family made the Homestead their permanent residence before the property was sold in 1763. Although Dorothy's life story is often overshadowed by that of her famous husband, John Hancock, wealthy Boston merchant and patriot, she was considered to be the ultimate hostess during the eleven years that Hancock governed Massachusetts. She helped to make the Hancocks one of Massachusetts' first political celebrity couples.

Come visit the Homestead to hear more stories of the Quincy family and property. Docents will be available to welcome visitors and answer their questions.

Tours of the property will begin at 11 a.m. and end promptly at 2 p.m. A suggested donation of \$5 to the Homestead is appreciated and gratefully accepted.

Due to on-going construction and conservation initiatives at the Homestead,



THE DOROTHY QUINCY Homestead Committee announces they will offer the first in a series of outdoor tours at the Dorothy Quincy Homestead for the 2021 tour season on Saturday, May 15. The homestead is located at 34 Butler Rd. off Hancock Street, Quincy.

Photo courtesy of John Collins photography

the interior of the house will remain closed to the public. There are no public restroom facilities available on

site.

Check the website nscda-ma.org/quincy-homestead or our Facebook page

Quincy Homestead 1686 for any schedule changes.

Additional summer outside tours are scheduled for

Saturday, June 19; Saturday, July 17; Saturday, Aug. 21 and Saturday, Sept. 18.

The Homestead was purchased in 1904 by the NSCDA-MA. The grounds and buildings are owned by the Massachusetts Department of Conservation and Recreation (DCR) and operated in cooperation with NSCDA-MA in a public-private partnership.

Only dogs on leash are allowed on the property per DCR.

Current MA COVID-19 protocols will be followed during this event. Before you visit, read the visitor safety information for the City of Quincy, Massachusetts at discoverquincy.com.

Live Online: Be Outdoors With The Appalachian Mountain Club

The Thomas Crane Public Library invites the public to join the Appalachian Mountain Club's Bill Cannon and Sue Svelnis on Tuesday, May 11 at 7 p.m. as they introduce you to the wonderful world of hiking.

From a gentle stroll through the woods to a challenging workout with lots of hills, there are so many ways to enjoy nature and so many great places to begin close to home.

What is the appropriate clothing to wear? What equipment should you bring with you? The AMC will lead you in choosing your adventure, and guide you with tips on what steps to take. Plan your next adventure and Learn the principles of Leave No Trace and the importance of protecting nature for all its inhabitants.

Bill Cannon has been

active with the Appalachian Mountain Club since 2012. He was the Conservation Chair for the Southeastern Mass. Chapter for three years and now holds the vice chairperson position. He also regularly leads hikes including a Full Moon series at Borderland State Park in the fall and winter and an evening series of hikes at the Blue Hills in the spring and summer.

Cannon's love of nature began as a child and motivated his active participation in Cub Scouts when his children were young. He enjoys hiking, snowshoeing and cross country skiing. And he especially loves to go camping with his wife Regina in their 1978 VW Westfalia Camper Bus.

Sue Svelnis is the education chairperson as well as a local hike leader for

the Southeastern Mass. Chapter of the Appalachian Mountain Club. Although a South Shore native, she had no idea there were so many great local hiking spots until she joined the AMC in 2014. She has also come to appreciate hiking in all four New England seasons.

Svelnis hikes regularly with her dog, Danny Boy and also volunteers walking dogs for the Quincy Animal Shelter. Her other hobbies include photography and gardening.

Join us on Zoom (meeting ID 830 3940 5854). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Crane Public Library's YouTube channel and on its Facebook page.

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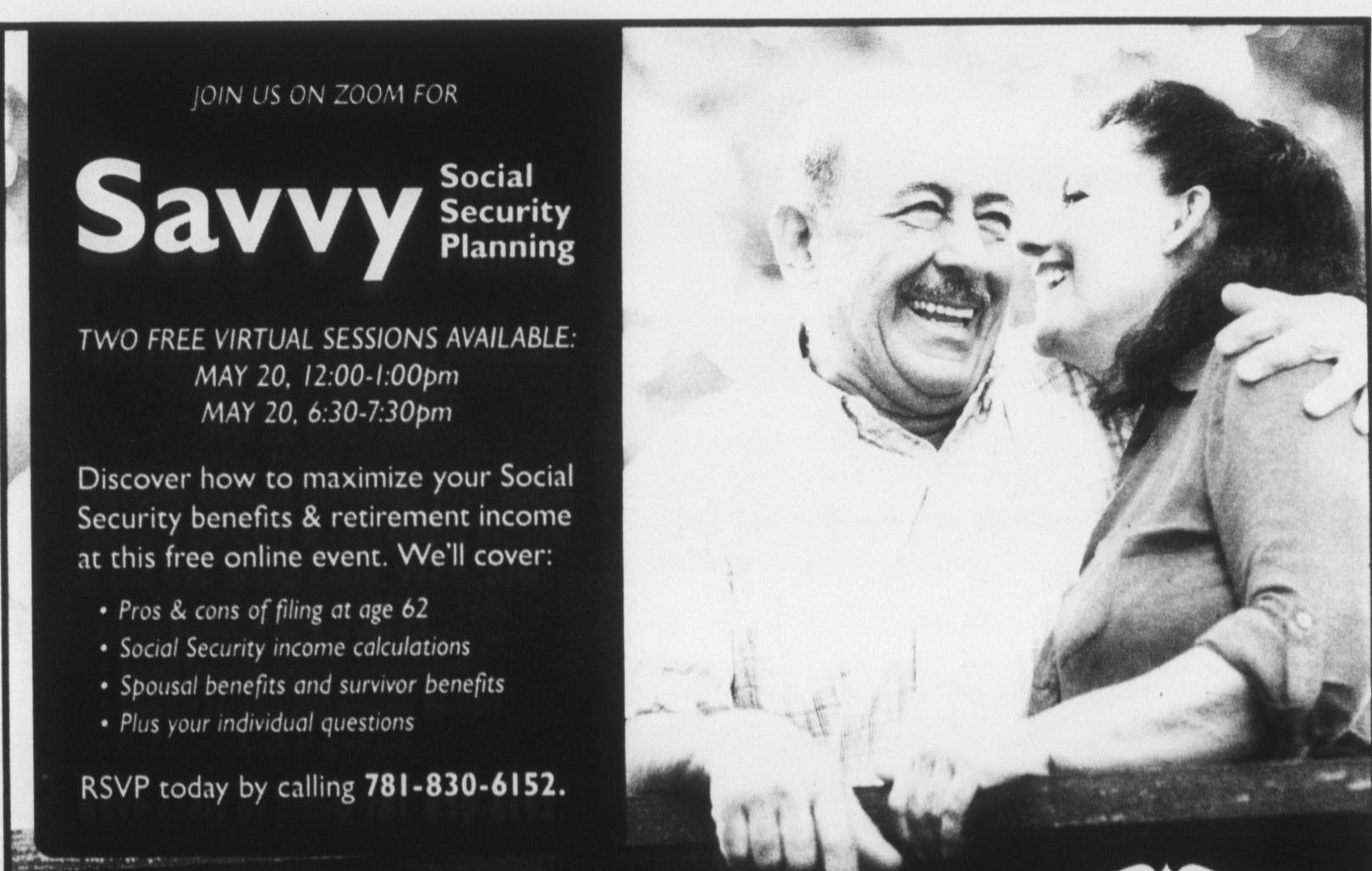


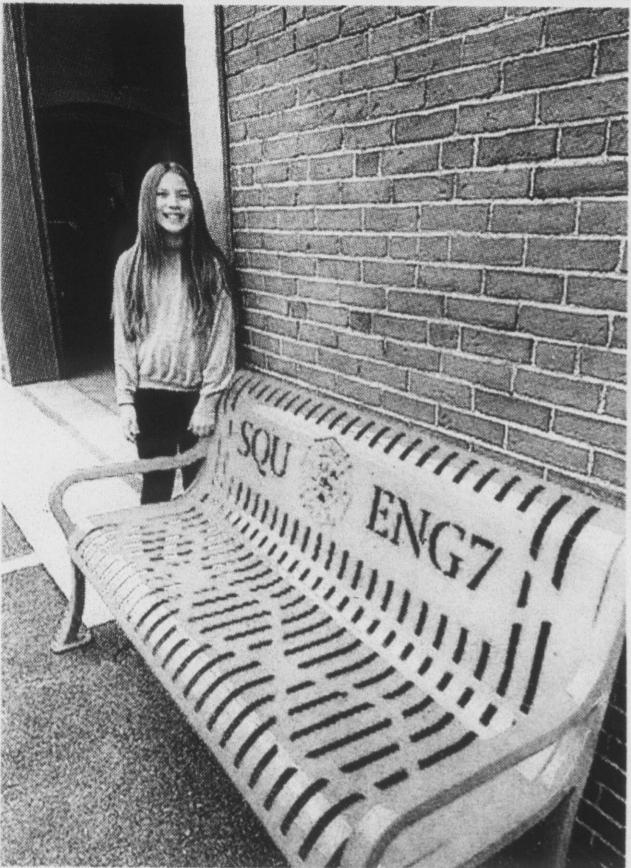
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ELLE BLATON of Squantum smiles proudly at the new bench she helped purchase outside the Squantum Fire Station.

Courtesy Photo



STANDING WITH recently donated new bench at the Squantum fire station are, from left, Gabrielle Linkiewicz, Elle Blaton, Hadley MacDermott, all age 12; Fire Lt. Paul Jeffers, firefighters Jon Banuk, and Jim Vialpando.

Quincy Sun photo/Tom Gorman

Squantum Girls Rally Community For Firefighters

Cont'd From Page 1

Middle School. "I wanted to give back to the local fire station because they are near me. I felt they should be honored and have a bench. I feel grateful I had the opportunity to give back to all the first responders that helped us through COVID and are on the front line of COVID."

Elle's parents, Moi and Dave Blaton, explained how their daughter witnessed the world changing when COVID broke out a year ago and wanted to show support for the first responders. Moi suggested that Elle sell her unwanted toys and "do something good with the funds generated."

Elle talked with her friends, Gabrielle Linkiewicz, 12, a classmate at Central Middle School, and

Hadley MacDermott, 12, an Atlantic Middle School student.

"They came up with a plan, organized the toys, made lemonade, and set up a stand at the entrance of Squantum by the cannon one Saturday last July," said Moi Blaton. "They waved to cars and asked people to support our first responders. Elle sold so many stuffed animals, fidget spinners and toys, and it was so encouraging to them to see all the neighbors and friends stopping by."

At the end of the day, the girls had garnered nearly \$500.

It didn't end there.

"Neighbors and friends who had heard about it were still sending and dropping donations for days after," said Moi Blaton.

Another \$300 was added



AMONG THOSE SUPPORTING fundraisers organized by some Squantum youngsters was Councillor Noel DiBona (right). Proceeds from this sale of toys coordinated by Elle Blaton, age 12, of Squantum (left) helped raise over \$1,000. The money was used to purchase a red bench outside the Squantum Fire Station as a token of thanks to first responders on the front lines of the COVID pandemic. Helping out with the fundraising were friends Hadley MacDermott (second from left) and Gabrielle Linkiewicz (second from right).

Courtesy Photo

to the coffer.

More was to come.

Two friends of Dave Blaton, Brendan MacDermott and WB Hames formed the Squantum Dads first golf invitational tournament. The \$250 raised was donated to Elle's cause.

With over \$1,000 in hand, Elle decided to do something for the Squantum firefighters.

Elle and her dad called firefighter John Coughlin at Station 7.

"We bantered about what they needed," said Dave Blaton. "It started with food and other essentials but wound up with a bench that

would be placed in the front of the firehouse. The bench was ordered and received in early January."

Elle thought a bench would be a good choice "since there was nowhere to sit outside, and it might make people stop and talk," explained Moi Blaton. "So, Elle and her dad designed the bench and found a great company to build it. It took a few months, but it's weatherproof, sturdy, and weighs over 400 pounds."

The back of the bench is inscribed with an abbreviation of Squantum, the Quincy Fire Department seal, and "Eng 7."

Elle said she is happy with the bench.

"I really like the location and the color red because it represents the fire station," she said. "I like the spot, too (in front of the station). It looks really good."

The Squantum firefighters expressed appreciation to Elle and the community.

"I think it was a very generous gift that Elle and her friends did by working hard to purchase such a beautiful bench for the firefighters and public to enjoy," said Coughlin.

Added Station 7 senior officer, Captain Roger Kineavy, "It's a beautiful

bench. It means so much to us that this young girl took the time and made the effort to show us her appreciation. She is a very special person to do this. We can't thank her enough."

Elle's parents said their daughter's idea quickly involved the whole community.

"Elle and her friends' hope and goal were to give back to first responders and that people would stop, take a seat and thank the firemen for all that they do," said Moi Blaton. "Elle realizes that one small act of kindness can be a ripple effect that affects many people, an entire community."



THANK YOU SQUANTUM - Friends (from left) Gabrielle Linkiewicz, Maddie McGillicuddy, Hadley MacDermott and Elle Blaton give a thumbs up to the Squantum community for supporting fundraisers that raised over \$1,000 for a new bench at the Squantum Fire Station.

Courtesy Photo

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Tree Alliance Announces Student Winners Of Logo Contest

Top Logo Designed By NQHS

Senior Chloe Chin

**By QUINCY
TREE ALLIANCE**

Three local high schoolers have won \$350 for logos they designed for the Quincy Tree Alliance, a new volunteer group dedicated to protecting and expanding the city's urban forest.

North Quincy High School senior Chloe Chin won the top prize of \$200 for her logo, which incorporates a Quincy Center skyline; Quincy High sophomore Christiana P. Nguyen won \$100 for a design featuring a leafy letter "Q"; and Quincy High sophomore Josephine Leung won \$50 for a tree featuring heart-shaped leaves.

The contest, sponsored by members of the Quincy Tree Alliance (QTA), asked high school and college students in or from Quincy to design a logo for the new community organization. Fifteen entries were received by the contest deadline of April 1, and the designs were featured on QTA's Facebook and Instagram accounts and in *The Quincy Sun*. Members of the public voted for their favorite entries on social media and by email, and the top six vote getters were then voted on by members of QTA, which announced the results on April 30, Arbor Day.

"We were so impressed with all of the entries," said QTA chairperson Maggie McKee. "The contestants clearly put a lot of thought and effort into their designs, and that showed in the quality of the work. It made for a very difficult decision."

In the end, the group chose three simple and striking logos for its cash prizes, with the grand prize

going to a stand of trees surrounded by three historic buildings in Quincy Center: United First Parish Church, the Granite Trust Company building, and old City Hall.

"We wanted our logo to have a connection to the city, and this one did so in a bold and beautiful way," said McKee.

Chloe Chin, the logo's creator, said she values the trees in our city. "It is important that we take care of our environment so it can take care of us," she said.

Chin taught herself graphic design as a passion project this past year, inspired by her artistic older sister, Brenda. She did not expect to win the contest but entered because she figured she had nothing to lose.

"There were so many amazing entries," said Chin. "I felt so happy and honored to have mine chosen." She plans to use her winnings to buy textbooks at Babson College, where she will head after graduating from North in June.

Christiana P. Nguyen, winner of the second prize and a QHS sophomore, said she is also honored to have won a prize in a contest that featured so many "unique and innovative submissions." She is active in various environmental



THIS LOGO designed by North Quincy High School senior Chloe Chin won the top prize in the Quincy Tree Alliance logo contest. Chin received \$200 for her logo which incorporates a Quincy Center skyline. Images Courtesy Quincy Tree Alliance

and social justice groups, including the Quincy High School Green Team and the QYouth Climate Movement. "I hope that we as a community can unite in the continued support of local environmental organizations like the Quincy Tree Alliance," said Nguyen. "We need to protect and conserve the greenery and wildlife that make Quincy beautiful. This is our home."

QHS sophomore Josephine Leung said she is grateful to have won third prize in the contest, which she entered "for fun, to experiment with something new." Her design struck

a chord with people for its warmth and simplicity. One Facebook commenter wrote, "There is power in its simple beauty. The leaves as hearts is just genius."

The Quincy Tree Alliance is a new group that came together after concerned residents noticed mature street trees being cut down around the city in recent years. The group plans to work with local government, other community groups, and individuals to



QUINCY HIGH SCHOOL sophomore Christiana P. Nguyen won \$100 for a design featuring a leafy letter "Q".



Quincy Tree Alliance

Quincy High School sophomore Josephine Leung won \$50 for a tree featuring heart-shaped leaves.

protect and grow Quincy's Alliance. instagram.com/quincytreealliance, or email quincytreealliance@gmail.com.

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QNQ Girls, Boys Win Track Championships

By GEOFF HENNESSY

In the history of track and field in Quincy there has never been a time when both genders won a championship. Such was the case in this very unusual Winter/Fall 2 Season.

With football pulling off a few athletes who would usually run winter track you would think the QNQ team would be at less than full strength. Such was not the case as both boys and girls dominated over their Fisher Division opponents. The boys won with 134 points next to the closest competitor Pembroke with 105. In the girls they copied their male counterparts almost to the number winning 135.5 to 102 for Plymouth South and 98 for Pembroke.

In the boys meet the scoring happened quickly as the opening event, the 55 meter hurdles resulted in 18 points with Jonathan Bina (2nd) Bobby Donovan (3rd) and Ammar Chunda (5th) all scoring. The next event was the mile but Coach Geoff Hennessy moved Vinh Tran into the 1000m and no points were scored. In the dash, fast starting Matt Wong grabbed a 2nd, Jack Nelson 4th for 13 more points. Nelson came right back in the 600m but faded at the end only getting 3rd. Sophomore Ben Dawe got a 6th. In the 1,000 meters Matt Francouer ran away from the field for the win with Vinh Tran 3rd and another 16 points went into the till. In the 300 meters senior Brian Gutro pulled away for the win with rookie sophomore Oisin Coogan-Coyne grabbing 4th. The final running event before the relays featured Robert Cannon and he left no doubt nearly lapping the field in the two mile. Freshman Kyle Clements came 4th. In the field events Jonathan Bina took 5th in the High Jump, Brian Gutro grabbed his second win in the long jump with Matt Wong 4th, and Ahmad Powell took 2nd, Charlie Codner 4th and Jeanior Alexis 8th in the shot-put. In the relays the 4 x 200 team of Matt Wong, Oisin Coogan-Coyne, Jack Nelson and Gutro took a close second. The 4 x 400 relay team of Jonathan Bina, Charlie Codner, Matt Francouer and Bobby Donovan took 1st as did the 4 x 800 relay of Ben Dawe, Tom O'Neill, Vinh Tran and Robert Cannon.

"We were fairly balanced," said Coach Geoff Hennessy. "The weather and the wind were not favorable but it was the same for everybody. Our seniors did what seniors do. They used their leadership and experi-

ence to fashion a win."

Gutro, Francouer, Cannon, Wong and Powell all earned All-Star Certificates. Jack Nelson was named Scholar-Athlete, Charlie Codner was nominated for Sportsmanship, and Brian Gutro was selected by the leagues Coaches for MVP.

The girls meet, held at Scituate, was a different story weather-wise. The mild sunny temps and light wind made for a myriad of great performances. Right off the get-go Kiera Sleiman took 3rd in a loaded hurdle field with Eileen Durgin 8th. In the Mile Aluna Coogan-Coyne wasted no time jumping to a lead and the talented freshman breezed to a win with Victoria Mariano 4th. In the 55 dash Sofija Slezas (4th), Emilia Henry (5th), and Victoria Rak (8th) all got into the medals. In the 600m Isa Hanley (3rd), Emma Lyons (5th) and Jennie Burgess (7th) scored valuable points. Lezly Acevedo took 3rd and Grace Cody 5th in the 1000m. This set the stage for freshman sprinter Sofija Slezas. Slezas wasted no time pulling even with the field at the 50 meter mark and pulling away for the win. Aluna Coogan-Coyne and Mollie Nelson went 1-2 in the two mile and the meet was all but over.

Then in came the field event points. Kiera Sleiman, who a week early had leaped to a school record in the long jump of 17'5" tweaked a hamstring in the dash and only muster 6th in the long jump. Eileen Durgin added and 8th place. In the high jump Natalia Kepczynski who had previous to this season only cleared 4'5" cleared a PR and state qualifying 4'10" for 3rd, Catherine Brown tied for 5th, and freshman Mollie Smith-Gaeta took 7th adding 11.5 points to the total. In the shot Niamh Mwafulirwa and Pilar Brown went 2-3 with Kelsy Duong taking 7th and the meet was clinched before the relays. The 4 x 200 team of Emilia Henry, Victoria Rak, Sofija Slezas and Catherine Brown took 3rd, the 4 x 400 team of Ciara Golden, Mariejo Ajavon, Mollie Nelson and Jennie Burgess also took 3rd. The 4 x 800 relay of Lezly Acevedo, Isa Hanley, Grace Cody and Emma Lyons took first.

Named to the All Star Team were Kiera Sleiman, Sofija Slezas, Aluna Coogan-Coyne, Niamh Mwafulirwa and Pilar Brown. Sleiman was named Scholar Athlete and Isa Hanley was selected for Sportsmanship.



SENIOR GIRLS - Quincy/North Quincy track team (from left to right): Eileen Durgin, Emma Lyons, Isa Hanley, Mariejo Ajavon, Sorcha Quinn, Catherine Brown, Emilia Henry and Lezly Acevedo. Missing: Lauren Manning, Kylie Driscoll.



SENIOR BOYS - Quincy/North Quincy track team (from left to right): Vinh Tran, Brian Gutro, Charlie Codner, Jack Nelson, Matt Francouer, Sam Hurley and Bobby Donovan.



QUINCY/NORTH QUINCY track coaches (from left to right): Danny Mongo, Ally Sleiman, Geoff Hennessy, Michelle Bell, Jimmy Bottary, Stephanie Kolby and Carolyn Mullaney.

Quincy Track Club Begins 48th Season June 7

The Quincy Track Club will begin its 48th season Monday, June 7.

Registration for boys and girls 5-14 from Quincy and surrounding communities will begin Monday night May 31st at the Quirk Field

House at the Faxon Track Complex, corner of Russell Park and Southern Artery.

Registration nights will be May 31 and June 1 - 4 from 6 to 8 p.m. The program will run Monday through Thursday until July 29th.

The club will host the Frank Kelly Meet Friday night July 30th. All activities will take place at Faxon Track Complex.

Nightly sessions will run 6:15 to 7:30 p.m. Cost is \$80 per child with a \$160 family cap.

For more information contact Director Geoff Hennessy at 617-510-1456 or QuincyTrackClub74@Gmail.com or Instagram @Henndog89.

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High School Tournaments Back On For Spring Sports

By SCOTT JACKSON

High school student-athletes will have a chance to compete in state tournaments at the end of the spring season, an opportunity that was not available in other sports this school year.

The MIAA had cancelled the state tournaments for the fall, winter and fall II seasons earlier this year amid the pandemic but will allow them for the spring season. Any team can opt to participate in the tournament if they wish.

"Unlike our other seasons, there is going to be a sectional tournament provided for our spring teams, so we are excited about that," said JJ Niamkey, the athletic director at North Quincy High School.

"Each team will have the opportunity to opt into that regardless of their record. You could go winless and if you decide to opt into that sectional tournament, you can play with that."

Niamkey and his counterpart at Quincy High School,

Kevin Mahoney, provided an update on the guidelines for the spring sports season during the April 28 meeting of the School Committee's athletics subcommittee.

All traditional spring sports – baseball, softball, lacrosse, tennis, outdoor track, sailing, girls' golf and boys' volleyball – will be offered this year at the two high schools. Wrestling, normally a winter sport, has also been moved to the spring season this year.

The spring season formally began April 26 and some teams will begin playing games as soon as this week. The teams' schedules will primarily be league-based, Niamkey said, as they have been for other seasons this year.

The two high schools are both members of the Patriot League. Niamkey said the league will hold the Patriot Cup, a league-run tournament, beginning in the first week of June.

The deadline to opt into the state tournament is June

15 and the tournament itself would begin on June 18. The state tournament could continue until July 3 this year.

There will be several rule changes this year for the spring sports, similar to the changes put in place for other sports earlier this year.

Baseball and softball teams will be limited to 20 players and four coaches each, according to the MIAA rules. Benches in each sport must also be expanded to provide six feet of distancing. Gum, sunflower seeds and spitting are not allowed.

Boys' and girls' lacrosse teams will be limited to 45 players. The girls' games will also be played in four quarters this year rather than two halves; the boys' teams already played their games in quarters. Six feet of distancing must also be maintained on the sidelines and in substitution areas.

For outdoor track, only virtual and dual meets will be allowed this spring. All

lanes can be used for running events, unlike earlier this year when races were staggered. Team and warm up areas must also be designated to ensure proper distancing.

For girls' golf, teams must follow the safety protocols put in place by the golf course they are playing at. Single tee start times should be staggered by 10 minutes to ensure groups can distance. Players will not be allowed to exchange score cards.

The rosters for boys' volleyball will be capped at 15 players on game day. Teams will remain on the same side of the net during the entire match rather than rotating between sets. The balls will be switched out at the end of each set, instead of being cleaned after each point like they were during the girls' volleyball season in the fall. Distancing rules must be followed on the bench area.

For sailing, only one school is allowed on the dock at a time and all equipment

must be disinfected between teams.

Mahoney said the state and MIAA were still working on rules for wrestling as of the April 28 subcommittee meeting. He did note that wrestling teams are being encouraged to practice and compete outdoors this year.

"We will see if there is any opportunity for them to host a couple meets outdoors," Mahoney said. "It would be extremely unique given that we have never done it before, but it might be interesting for those kids to be out there and obviously more safe as well."

All players must wear face coverings, per the state guidelines, unless they are in a low-risk sport where they can maintain a distance of 14 feet or more from others. All others present, including spectators, coaches, and officials, must also wear a mask. Total attendance – players, coaches, officials and fans – at outdoor and indoor events cannot exceed 50 percent of the venue's capacity. Spectators would also have to maintain six feet of distancing.

Committee member Paul Bregoli said the state should rethink its mask rules. He said certain athletes, like centerfielders in baseball and softball and singles tennis players, can stay appropriately distanced from others while playing.

"I've had parents contacting me saying 'why are we wearing masks outside? Why are we doing this to our kids for sports?' and I don't have an answer," Bregoli said.

"We've got to get to the agencies who are making these rules and hopefully they will follow common sense and look at the data."

Courtney Perdios asked

if singles tennis players would be required to wear a mask if they could stay far enough apart. Mahoney said he would seek clarification on that point from the MIAA because the state rules would not require singles players to wear a mask, provided 14 feet of distancing can be maintained, while the MIAA rules require all tennis players to do so.

Douglas Gutro, the chairperson of the athletics subcommittee, questioned why the state guidelines require greater separation outdoors during athletic events than they do indoors in the classroom.

"We have worked pretty hard to get students in class learning, those that chose to come in and feel safe to do it, and the recommendation is three to six feet," Gutro said. "All of a sudden, we go outside and every recommendation is six or more feet, which I find really absurd and fascinating."

Supt. Kevin Mulvey said the state likely feels students will breathe in and out more while playing sports than they do in the classroom.

"I'm guessing the reason why there is a distinction between what is happening in school where there is less chance of increased respiration and droplet exchange versus outside where there is increased respiration because of the intense activity relative to sports, that that is the distinction that they would make," Mulvey said.

"Nevertheless, it is a distinction and there are differences and we make sure we comply with it, day in and day out, and do our best to do that to make sure our students and staff are safe while also respecting as much freedom for our students and staff as possible."

North Quincy Baseball Returns To The Diamond

By TOM JOYCE

For the first time since 2019, the North Quincy High School baseball team competed against another opponent last Saturday afternoon.

Since baseball is a spring sport, the team had no season last year due to the coronavirus pandemic. North Quincy went up against Milton at home in a scrimmage where they didn't keep score or official stats. North Quincy head coach Matt Edgerly said Milton scored more runs than his team, but also that he had many players perform well.

The last time these two teams faced off was in 2019 as a part of the Steven J. Sullivan Tournament, a four-team tournament that typically takes place over April break. It's named for Steven Sullivan, who passed away at 28 years old in 2016 after battling cancer. Sullivan was an assistant coach for North Quincy and he played baseball for Quincy High before moving on to play at Westfield State.

Edgerly said he was glad the two sides kept the tradition going.

"It means a lot to our guys," he said. "A team like Milton, they're a very talented team. They're always at the top of the Bay State League in the standings, so it's a good opportunity for our guys and also obviously, carrying on the Sullivan Tournament with games like this means a lot. It means a

lot to me because he's one of my best friends--and Coach Brendan Morrissey has been very supportive of it. It means a lot."

As Edgerly noted, Milton and North Quincy aren't in the same league. North Quincy is in the Patriot League while Milton is in the Bay State League, so there is no guarantee that the two will play each other in any given year.

He also said the players were excited to get back onto the field this week after a long time away from the program.

"Of course," he said. "It's crazy because the last time I had these guys, you had guys like Liam Hines and Brendan Hines, who are seniors now, they were sophomores. Now they're seniors and expected to be leaders. And now we have a bunch of freshmen and sophomores who I've never seen before until this year. Just getting them onto the field and competing is huge."

In the bout with Milton, Edgerly said there were plenty of players who stood out to him. Scott Ritz, a junior, was one example. He said that Ritz hit well and played well defensively both behind the plate at catcher and in the infield. Ritz is a second-year varsity player; he was on the team as a freshman as well.

Another player Edgerly said played well was John Lynch, a junior. Edgerly said that Lynch looked

good behind the plate and that he got an RBI single on offense. Lynch too is a second-year varsity player. He was the team's primary catcher his freshman year.

Additionally, junior Jackson Murphy, another second-year varsity player, is someone else who Edgerly said fared well, noting that he got a hit. On the mound, Edgerly said that Zack Taylor, a sophomore and first-year varsity player, performed well. He pitched three innings for the team.

"I think that we're going to be able to hit," he said. "Pitching-wise, we have a ton of sophomore arms, and we have a lot of talented juniors as well. We have a lot of talent--but with everyone

losing a year--just not a ton of experience, in my opinion."

Edgerly said the team will use the regular season to prepare for what comes after it.

"We've just been getting reps in and hopefully we're getting ready to go," he said. "We want to compete, win as many games as possible and get ready for the Patriot Cup and the state tournament."

The first regular season game of the year for North Quincy will take place on Monday, May 10 (4 p.m. start time) at home (Adams Field) against Hanover, according to the MIAA's website.

Sarah Clancy Graduates University Of Mississippi

Sarah Maria Clancy of Quincy recently graduated from the University of Mississippi in Oxford.

Clancy received a Master of Accountancy and Data Analytics degree from the Graduate School.

Round Ball

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Manet Health Center Clinics Surpass 25,000 Vaccine Milestone

Manet Community Health Center's vaccine clinics in Quincy, Hull and Taunton marked a significant milestone in their COVID-19 vaccination efforts this week by administering more than 25,000 vaccines to patients, first responders, essential workers, special groups and community residents since December 2020.

While Manet volunteers and staff celebrate the accomplishment, they know there is much more work to be done to ensure access and vaccine promotion as eligibility has opened to everyone aged 16 and older and vaccine reluctance and hesitancy remains an issue for significant segments of the population.

"We are humbled by the partnerships and incredibly proud of our volunteers and staff for their hard work to get this many people vaccinated in a relatively short amount of time," says Cyn-

thia Sierra, Manet's chief executive officer. "We acknowledge the grief and loss in the communities secondary to COVID-19, and this propels us to work as thoughtfully, diligently and creatively as we can— as many more individuals, families and workers need to be vaccinated as soon as possible. In the coming days and weeks, as we continue to offer our stationary sites, we will tilt toward a pop-up model, add evening and weekend hours and accommodate more walk-ins."

Manet offers vaccine appointments for anyone age 16 and older, regardless of whether they are a Manet patient or where they live. Presently, all three approved vaccines are offered at the clinics — Moderna, Pfizer and Johnson & Johnson/Janssen, and registrants may have the ability to select depending on supply and availability and circum-



VOLUNTEERS AND STAFF at Manet Community Health Center's Vaccine Clinic celebrate a major milestone: 25,000 vaccines administered at the health center's Quincy, Hull and Taunton clinics. Photo Courtesy Manet Community Health Center

stances.

Currently, the health center offers a vaccine clinic several days a week at 180 Old Colony Ave. in Quincy and on Mondays at 30 Olney St. in Taunton. In the

coming month, Manet will also be offering a series of vaccine clinics for students and faculty at North Quincy and Quincy high schools, as well as clinics for Hull residents and surrounding

communities on May 12 and 26 on the lower level of Manet's Hull practice location at 180 George Washington Blvd.

For more information or to register for a vaccination

appointment, visit www.manetchc.org/covid-19-vaccine.

People under the age of 18 need to bring a signed consent form, also located on the website.

Councillors Want College To Consider Joining State System

Cont'd From Page 1

Charles Phelan Jr. — asking the college board of governors to do so in a 7-0 vote Monday. Councillors Ian Cain and Nina Liang were not in attendance at the meeting.

Quincy College is currently owned by the city of Quincy and is one of just a handful of municipally owned institutions of higher learning remaining in the country. The resolution calls upon the board of governors to "engage in conversations with the state, and to report to the City Council any operational alternatives that may be available for Quincy College," such as operating as a community college or merging with another

school.

Mahoney said she wants the college to continue operating in the future but wants it to do so independent of the city.

"The City Council has been looking to continue to find savings and hold the line for spending during these curious times we are in with COVID, and the city is continuing to infuse money into Quincy College," Mahoney said.

"The college does serve a large population of people and we want to be able to continue to do that, but I'm not sure if it is correct — in fact, I know it is not correct — for that to be the burden of the Quincy taxpayers."

Mahoney also noted

President Joe Biden has proposed funding free community college for all Americans and said Quincy College should consider joining the community college system to take advantage of that.

"I'm concerned that if they are not part of that, we could be left behind," she said.

"There are so many reasons we should be investigating this," Mahoney added, "but the most important reason we should be investigating this is for the opportunities for the students who are at Quincy College — to make sure those opportunities remain there — because I really do believe the viability of Quincy College is going to depend on it becoming part of the state

community colleges, because there is more protection and more funding for them if they are there."

McCarthy said it would make sense for the college governors to do their due diligence.

"Quincy has done a great job over the years, but it is worth having the board of trustees explore to make sure we cover all the avenues. There could be some positives that come out of it when they are done," McCarthy said.

"I think it is a good idea to take a look at it. The board can absorb this and come back to us at a later date when they gather up information to see if it is anything that will help us in regard to the college down the road."

The resolution was approved as Mayor Thomas Koch seeks council permission to borrow \$23 million as part of his proposal to construct a new municipal building in Quincy Center to house both the college and the city offices now located in the glass city hall annex building.

The bond will allow the city to purchase the Munroe Building and a nearby parking lot, relocate its tenants, and design the new building. Construction of the new building is expected to cost \$100 million, a city consultant said last week.

Under Koch's proposal, the city would borrow enough funds to cover the full cost of the project. The college would then pay the city rent equal to its share of the debt service.

Phelan on Monday said the board of governors should explore alternative operational models before the council commits to the project.

"We are about to look at committing to a large sum of taxpayers' money," he said. "I think it would behoove us all to look at everything first before we go out and spend a lot of taxpayers' money."

The request to borrow the \$23 million to fund the first step in the project is currently pending before the council's finance committee. The committee met to discuss the request on April 26 and did not take a vote that night. The committee will take up the matter again on May 12.

Koch To Unveil Budget May 17

Cont'd From Page 1

vice numbers and some of the numbers, they just didn't have all finalized, so we will just wait then for a couple weeks. We are still in the timeframe under the law."

The mayor previously said he would be "just trying to hold the line" in the budget for the new fiscal year, FY 2022, which begins on July 1.

Despite the financial uncertainty the pandemic has caused for many cities and towns, Koch said there would be no layoffs in the new fiscal year.

"I can say that with certainty," he said.

The mayor said new positions are also unlikely.

"I don't think there will

be a whole lot of change, you know, depending on some of the federal money coming in and how that is geared," Koch said.

Last spring, the mayor had delayed his budget presentation by two weeks amid the pandemic so he could better determine what impact it would have on the city's finances. That May, Koch presented a \$340.25 million budget for fiscal year 2021, an increase of \$10.47 million over the prior budget, referring to it as a "protection plan" meant to avoid cuts to city personnel and services. Councillors in June approved a \$340.12 million budget after making three cuts to Koch's initial proposal.

By SCOTT JACKSON

City councillors on Monday called upon Mayor Thomas Koch to provide an update on his plan to establish the Mayoral Commission on Diversity, Equity and Inclusion.

Koch had announced he would establish the commission on March 23 though he has yet to say who will serve on it. The announcement came two months after councillors had approved the creation of a new Department of Social Justice and Equity. The mayor, in a February interview with The Sun, said he did not believe creating the new department

was necessary and suggested the goals of the department could be achieved through other means.

Councillors on Monday approved a resolution — put forward by Councillors Anthony Andronico, Noel DiBona, Nina Liang and Brian Palmucci — in a 7-0 vote asking for an update on the establishment of the commission. Liang and Ward 3 Councillor Ian Cain were not in attendance Monday.

Andronico said Koch should show a greater sense of urgency in establishing the commission.

"I think it is important that we receive an update on

the progress of the diversity, equity and inclusion commission that the mayor had announced he was establishing a little over a month ago," Andronico said.

"It has now been over three and a half months since this body... took a vote to establish a department to delve a little deeper into these issues. Although a department is not in the cards right now, I do feel as though we need an increased sense of urgency when it comes to taking action and formally establishing the commission."

Palmucci said he was disappointed the mayor

had yet to address councillors' and residents' concerns about diversity, equity and inclusion in the city.

"I just note my disappointment that it would appear that these concerns really haven't been addressed, quite literally I think, but certainly not through the way this council wanted to see them addressed," Palmucci said.

"I understand the mayor announced he was going to put this commission together. I would have liked to have seen it happen a little sooner. I would have liked to have seen the commission

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Councillors Seek Update On Diversity Commission

Cont'd From Page 22

announcement include the members of the commission and a calendar for their first meeting when they would get started."

"We just want to know what is going on," Palmucci added. "There are members of this community, a significant number, who care about this issue. They have made it known that they care about this issue and it is incumbent upon local government to take some action, to have some conversations

about this difficult subject."

Chris Walker, Koch's chief of staff, on Tuesday said the mayor would announce the members of the new commission soon.

"The Mayor is finalizing the makeup of the Commission now and we expect to have the full body ready to be announced in the coming days," Walker said in a statement.

"He has spent a considerable amount of time over the last few weeks talking to prospective members and

other community members about the framework of [the] Commission's work. We look forward to getting started."

Koch, in an April interview, said the commission would hold several public meetings over the coming months and could present its findings in the fall.

"They are tasked at looking at the issues at hand. There has been a lot said about the issue," Koch said. "They will come back with recommendations to me af-

ter having several months of meetings — some community meetings, getting input.

"They will come back to me with perhaps some recommendations, suggestions, comments on what is going on in the city."

The mayor said he would give the commission any assistance it needs.

"As I said before, whatever resources they need — whether it is somebody to keep minutes, somebody to chase data or information for them — we will provide

those resources," he said. "I don't expect a volunteer commission to have to do that kind of legwork. We can do that stuff for them, just like any other board or commission."

When asked if the commission could lead to the creation of the proposed department, Koch said he would not be giving members any particular tasks.

"I am not giving them any specific task and I am picking members that in my view do not have necessarily an agenda, but have ex-

perienced living here, bring their experience to the table and then make recommendations," he said.

"That could come out of it — I don't know."

The mayor also said he had not yet decided whether the commission would continue to serve after issuing its recommendations.

"I think once they have made their report to me, we will find out," Koch said. "I don't see it long-term, but who knows. They may suggest it. We will see what comes of it."

Nomination Papers Available For Fall Municipal Election

By SCOTT JACKSON

Residents who wish to run for office in this fall's municipal election can now take out nomination papers and five had done so as of noon on Tuesday.

All nine seats on the City Council will be up for grabs this year along with three of the six seats on the School Committee. There is no mayoral election this year in Quincy.

Tuesday marked the first day would-be candidates could request nomination papers from the City Clerk's Office, located inside the city hall annex building at 1305 Hancock St.

Five residents had pulled papers as of noontime Tuesday, three for School Committee seats and two for City Council.

Pulling papers to run for the school board were: incumbents Emily Lebo of Highland Avenue and Courtney Perdios of Ruggles Street along with newcomer Ellen O'Donnell of Hatherly Road. The third incumbent committee member, Douglas Gutro, previously announced he would run for re-election and newcomer Elizabeth Speakman has also announced her candidacy.

Incumbent Ward 6 Councillor William Harris also pulled papers Tuesday morning along with Steven Perdios of Ruggles Street, who is running for Ward 2 councillor.

Courtney and Steven Perdios are married, and this is believed to be the first time a wife and husband have both run for office in the same election in city history.

The deadline to return the nomination papers to the Board of Registrars is 5 p.m. on July 27 and certified nomination papers, including a statement of candidacy, must be submitted to

the city clerk by 5 p.m. on Aug. 10.

The signatures of 50 registered voters are required to run for each office in a municipal election. Residents seeking one of the six ward councillor seats must obtain the signatures from within their ward.

If necessary, a preliminary election would be held on Sept. 14. A preliminary election would be required if more than two candidates run for one ward council seat, or if more than six ran for either councillor at-large or the school board.

Ballot position for the preliminary election would be determined during a drawing at 10 a.m. on Aug. 13. The deadline to register

to vote in the preliminary would be 8 p.m. on Aug. 25, the deadline to apply to vote by mail in the preliminary election — assuming state lawmakers allow mail-in voting this fall — would be Sept. 8, and absentee balloting would end at noon on Sept. 13.

The final election will take place on Nov. 2. The deadline to register to vote in the November election is 8 p.m. on Oct. 13, the deadline to apply to vote by mail is Oct. 27, and absentee voting ends at noon on Nov. 1.

THE 2021 MUNICIPAL election process got underway Tuesday as nomination papers became available for potential candidates. Among the residents pulling papers the first day were Courtney and Steven Perdios. The married couple took papers for School Committee (Courtney) and Ward 2 councillor (Steven).

NOTICE FOR PUBLIC HEARING

Notice of Public Hearing

May 4, 2021

2021-048

The Quincy City Council will hold a Public Hearing, on Monday, May 17, 2021 at 6:40 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20, The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from National Grid for gas main location.

MASSACHUSETTS ELECTRIC COMPANY requests permission to relocate poles, wires, cables and fixtures, including anchors, guys and other such necessary sustaining and protecting fixtures, along and across the following public way or ways:

Copeland St. Relocating pole (P27) on Copeland St to the South Side of the rd. Nearest address is 202 Copeland St. Relocating pole to make P26 more tangent and eliminate the need for guying. There is a sewer preventing the placement of the pole where originally petitioned — the pole has been moved 20' north in this petition.

Wherefore it prays that after due notice and hearings as provided by law, it be granted a location for and permission to erect and maintain pole and wires, together with such sustaining and protecting fixtures as it may find necessary, said poles to be erected substantially in accordance with the plan filed herewith marked:

Plan No. 29701703 Dated 3/29/2021

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmannings@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on May 17, 2021 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: City Council Meeting

Time: May 17, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/91340274478?pwd=alNpZzloUi9TSTdpQjFJT0s3WWJ1Zz09>

Meeting ID: 913 4027 4478

Passcode: 9cbsn6

Dial by your location

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+1 312 626 6799 US (Chicago)

Meeting ID: 913 4027 4478

Passcode: 818564

Find your local number: <https://zoom.us/u/ahbrduU9z>

Nicole L. Crispo
Clerk of the Council

Free Paper Shredding, Food Pantry Drive At Bank Of Canton May 22

Bring your sensitive documents to Bank of Canton's 60 McGrath Highway branch in Quincy on Saturday, May 22, between 9 a.m. and 12:30 p.m., for free on-site shredding services.

Touchless process: just load your materials into your trunk, and workers will remove them while you stay in your car. Limit 5 printer-

paper-sized boxes of paper per household. Newspapers, books or digital media cannot be accepted.

Events is free and open to the public. Consider bringing three non-perishable food items along with your documents to support Interfaith Social Services' food pantry.

A Petition to Change Name of Adult has been filed by Lovelynn Solomon Umoh of Quincy, MA requesting that the court enter a Decree changing their name to:

Lovelynn Elyssa Archibong

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10 a.m. on the return day of 05/19/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 6, 2021

COLLEEN M. BRIERLEY

Register of Probate

5/6/21, 10:00 AM - 12:00 PM

First Baptist Church

The First Baptist Church of Wollaston located at 81 Prospect Ave., Quincy has online remote Worship Service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Are You Sure?" (II Tim 1: 3-5); reader will be Cristina Domingo.

The online dial-in/Zoom meeting weekly schedule is as follows:

- Sunday 10:30 a.m. worship service

- Wednesday 6:30 p.m. Leadership Workshop

- Thursday 6:30 p.m. Bible Class – Book of Revelation

- Friday 11 a.m. Prayer Group Meeting

For reservation to attend worship inside the church building, call 617-472-0824 and ask for Lewann Mina, the church administrator.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 6, 2021

COLLEEN M. BRIERLEY

Register of Probate

5/6/21, 10:00 AM - 12:00 PM



House Asian Caucus Celebrating AAPI Heritage Month

Encourages Legislative Members To Support Local Asian Businesses

This week marks the beginning of Asian American and Pacific Islander (AAPI) Heritage Month, which commemorates the history, contributions, and achievements of the AAPI community throughout the month of May.

As part of a House Asian Caucus initiative, Gov. Charlie Baker signed House Bill 3360, An Act designating May as Asian American Pacific Islander Month on May 1, 2018, thereby engraining a long-held tradition into statute here in Massachusetts.

The month of May was chosen to commemorate two important milestones in AAPI history – the immigration of the first Japanese to the United States on May 7, 1843, and the anniversary of the completion of the transcontinental railroad on May 10, 1869, where a majority of workers were Chinese immigrants.

Asian businesses have been among the hardest hit by both the economic downturn and discrimination throughout the pandemic. In celebration of AAPI Heritage Month, the bi-partisan House Asian Caucus (Reps. Donald Wong, Tackey Chan, Paul Schmid, Rady Mom, Maria Robinson, Tram Nguyen, Vanna Howard, and Erika Uyterhoeven) challenge people to shop at local Asian-owned busi-

nesses to support the Asian and Asian American communities. The Speaker of the House, Ronald Mariano, has expressed his support of this initiative.

The House of Representatives is proud to commemorate Asian American and Pacific Islander (AAPI) Heritage Month in May," said Mariano (D-Quincy). "Our AAPI communities have experienced tremendous loss during this pandemic, not only in terms of their health and economic security, but because of racism and discrimination as well.

As we work toward better days ahead, I encourage everyone to join us in showing their support for the AAPI community by visiting their local AAPI-owned businesses."

The #ShopAAPIMonth challenge encourages people to visit an AAPI business in their community, post on social media using the hashtag #ShopAAPIMonth, and tag @asiancaucusma. Members of the House Asian Caucus released the following statements celebrating AAPI Heritage Month:

"This month in honor of Asian American Pacific Islander Month, I encourage everyone to support their local Asian-owned businesses." said Rep. Donald Wong (R-Saugus) "Not only have these businesses been impacted by the rise in dis-

crimination against Asian Americans, this investment in our local economy is integral in recovering from the pandemic."

Rep. Tackey Chan (D-Quincy) remarked, "Asian-owned businesses have suffered extended lack of patronage due to racial scapegoating and fearmongering. As we celebrate our diverse communities and the many contributions we have made to Massachusetts and the United States this Asian American Pacific Islander Month, we encourage people to show their support by shopping at businesses owned by Asians and Asian-Americans in their own districts. These small businesses have struggled since the beginning of the pandemic and would be grateful for additional positive recognition by their elected officials and community," said Rep. Maria Robinson (D-Framingham).

Rep. Tram Nguyen (D-Andover) commented, "This AAPI Heritage Month feels different from past ones, due to the devastating impact that anti-Asian rhetoric and misinformation related to COVID-19 has had on AAPI businesses and workers, which is why we encourage people across our Commonwealth and country to show their solidarity by shopping at the many wonderful AAPI businesses that contribute greatly to the American fabric."

"This month of May, we celebrate the diverse cul-

ture and accomplishments of our Asian American and Pacific Island communities. I am honored to represent a district with such a strong and resilient community in the 17th Middlesex District. The COVID-19 pandemic showed us how much Asian American-owned businesses have suffered socially and economically," said Rep. Vanna Howard (D-Lowell)

"Now more than ever, these businesses need our support. This AAPI month, we strongly encourage you to take on this #ShopAAPI-Month challenge and support your local Asian Amer-

ican-owned businesses."

Rep. Erika Uyterhoeven (D-Somerville) remarked, "AAPI heritage is American heritage. The devastating tragedies of racial, gender, and class violence and the COVID-19 pandemic have brought to the forefront the urgent need to dismantle white supremacy through building power in community organizing and in policymaking. Systemic change requires us to put an end to AAPI erasure and silencing. AAPI heritage month is an important step to recognize and celebrate AAPI history and culture."

Lebo Seeks Re-Election On School Committee

School Committee member Emily Lebo announces she is a candidate for re-election to the school board.



EMILY LEBO

these uncertain times to ensure that our students were engaged and continued to learn," Lebo said. "The commitment of our Quincy families' to supporting this work has been tremendous. As we go forward, there are many issues that will need the school committee's attention.

During her tenure on the school committee, one of Lebo's proudest achievements was the work she did to bring a Diversity, Equity, and Inclusion sub-committee to the Quincy Public Schools following the racial tensions that engulfed the country and community.

She currently serves on the Budget and Finance, Special Education, Teaching and Learning sub-committees, and participates in all other sub-committees. She has extensive professional experience in special education, career and technical education, and technology education. She is a licensed educator and administrator as well as a registered nurse.

"We must stay the course on our diversity, equity, and inclusion efforts. We have heard very clearly from our students, alumni, and our community that we significant work to do on this; we have discussed specific things that we can do to start to move us in a more inclusive way. We cannot wait any longer to act on this," she continued.

"This needs to be par-

nered with robust K-12 Social and Emotional Learning and Health and Wellness Curriculum which will en-

sure our students receive a well-rounded education to match the substantial academic offerings in the Quincy Public Schools pro-

vides."

Lebo said she knows there are important issues facing the students and families of Quincy not the least of which will be the return of our schools to a new normal.

"I am incredibly proud of our educators and administrators who have been working diligently through

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REQUEST FOR QUALIFICATION

REQUEST FOR QUALIFICATION

REQUEST FOR QUALIFICATION
CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

Filled Sub-bid Trade Contractors for:
180 Old Colony Avenue – Richard DeCristofaro Learning Center

PUBLIC BUILDINGS

RFQ for "FILED SUBCONTRACTORS"

MAY 20, 2021 @ 11:00 A.M.

The City of Quincy Public Building Department is issuing a Request for Qualifications (RFQ) to pre-qualify Filed Sub-bid Trade Contractors in the following trades: metal windows, glass and glazing, plumbing, heating, ventilating and air-conditioning, electrical work, roofing and flashing, waterproofing, damp-proofing and caulking, miscellaneous and ornamental iron, lathing and plastering, acoustical tile, tile, terrazzo, resilient floors, painting, elevators, masonry work, and fire protection. FSB Trade Contractors are required to be DCAMM certified in the category of their work. The project is a renovation / addition of an existing multi-story building at 180 Old Colony Avenue into a new Special Education Center. The project will be bid using MGL Ch 149 lump sum bids. The project scope includes the exterior masonry rehabilitation of an existing building, window replacement, 3,000 sq ft second story addition, complete interior demolition and construction of new interior educational spaces. Construction is to begin in Fall of 2021 and be completed in June 2023.

Trade Categories

1. Roofing/Flashing
2. Lath/Plastering
3. Glass/Glazing
4. Electrical
5. Metal Windows
6. Acoustical Tile
7. Resilient Floors
8. Fire Protection
9. Terrazzo

Est. Constr. Cost

- \$479,544.00
- \$995,851.00
- \$150,000.00
- \$2,026,243.00
- \$959,080.00
- \$314,444.00
- \$434,164.00
- \$160,074.00
- \$91,878.00

Trade Categories

10. Waterproof/caulking
11. Masonry
12. Plumbing
13. Elevators
14. Misc. & Orn. Iron
15. Tile
16. Painting
17. Heating, Ventilating & A/C

Est. Constr. Cost

- \$58,537.00
- \$807,593.00
- \$1,134,111.00
- \$327,000.00
- \$83,911.00
- \$30,153.00
- \$149,880.00
- \$2,982,662.00

All questions regarding this RFQ should be submitted to Brian Laroche at PCA360 by 12:00 p.m. local time on May 14, 2021. Questions should be submitted by email to blaroche@pca360.com. Do not submit questions by phone.

Plans/Specifications Available: The RFQ document will be available at City of Quincy Purchasing Department, 1305 Hancock Street, Quincy, MA or at: www.quincyma.gov/govt/depts/purchasing/current_bids.htm on May 5, 2021.

This Request for Qualifications (RFQ) is issued pursuant to M.G.L. c. 149 and amended by Chapter 193 of the Acts of 2004. Firms interested in providing FSB Trade Contractor Services for the construction of the Project **MUST** submit a Statement of Qualifications (SOQ) in response to this RFQ to the Owner as instructed in documents.

This Project is a two-phase process as set forth in M.G.L. c. 149 and amended by Chapter 193 of the Acts of 2004. The project delivery method for construction will be under M.G.L. c. 149. The City reserves the right to reject any or all Bids or to accept any part of a bid and waive any informalities in the bidding if it is in the best interest of the City.

Thomas P. Koch, MAYOR
Kathryn R. Logan, CPO

5/6/21

NOTICE FOR PUBLIC HEARING

Notice of Public Hearing

May 4, 2021

2021-047

The Quincy City Council will hold a Public Hearing, on Monday, May 17, 2021 at 6:30 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20, The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from National Grid for gas main location.

MASSACHUSETTS ELECTRIC COMPANY requests permission to manholes, wires, and ducts, including the necessary sustaining and protecting fixtures, along the following public way:

McConville Way/Parking Way: City of Quincy to install duct and manhole as per attachments. City of Quincy to turn over duct & manhole system to National Grid who will own and maintain system. This is required due to redevelopment of old Parking Way area for new redevelopment.

Wherefore it prays that after due notice and hearings as provided by law, it be granted a location for and permission to erect and maintain pole and wires, together with such sustaining and protecting fixtures as it may find necessary, said poles to be erected substantially in accordance with the plan filed herewith marked:

Plan No 29556621 Dated 4/22/2020

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on May 17, 2021 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: City Council Meeting

Time: May 17, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/91340274478?pwd=alNpZzloUi9TSTdpQjFJT0s3WWJ1Zz09>

Meeting ID: 913 4027 4478

Passcode: 9cbns6

Dial by your location

+1 929 436 2866 US (New York)

+1 312 626 6799 US (Chicago)

Meeting ID: 913 4027 4478

Passcode: 818564

Find your local number: <https://zoom.us/u/ahbrduU9z>

Nicole L. Crispo
Clerk of the Council

5/6/21

NOTICE FOR PUBLIC HEARING

Notice of Public Hearing

May 4, 2021

2021-046

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MASSACHUSETTS ELECTRIC COMPANY requests permission to erect and maintain poles and to be placed thereon, together with such sustaining and protecting fixtures as said company may deem necessary, In the following public way or ways:

33 Quarry St., National Grid petitions to install new pole, P6-84

Wherefore it prays that after due notice and hearings as provided by law, it be granted a location for and permission to erect and maintain pole and wires, together with such sustaining and protecting fixtures as it may find necessary, said poles to be erected substantially in accordance with the plan filed herewith marked:

MASSACHUSETTS ELECTRIC COMPANY

Plan No. 29675740 Dated 6/17/2020

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on May 17, 2021 to be entered into the record.

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<https://zoom.us/j/91340274478?pwd=alNpZzloUi9TSTdpQjFJT0s3WWJ1Zz09>

Meeting ID: 913 4027 4478

Passcode: 9cbns6

Dial by your location

+1 929 436 2866 US (New York)

+1 312 626 6799 US (Chicago)

Meeting ID: 913 4027 4478

Passcode: 818564

Find your local number: <https://zoom.us/u/ahbrduU9z>

Nicole L. Crispo
Clerk of the Council

OBITUARIES

Anne Marie McNeil



ANNE MARIE MCNEIL

A Mass of Christian Burial for Anne Marie McNeil of Quincy, formerly of South Boston, was celebrated Wednesday in Our Lady of Good Counsel Church, Quincy.

Ms. McNeil died April 30.

Beloved daughter of the late John and Anna McNeil. Cherished sister of John McNeil and his wife Pat of Plymouth, Clare McNeil, SCN, of Kentucky IL, Paul McNeil and his wife Peggy of Plymouth, Jim McNeil and his wife Maureen. Also survived by numerous nieces, nephews, great nieces and great nephews.

streets of Quincy and checking out new restaurants.

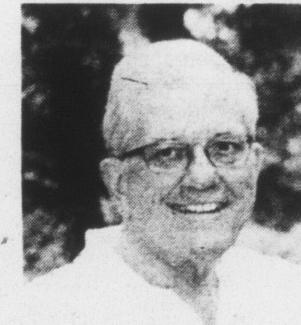
Ms. McNeil had a quick wit and sent cards to everyone never forgetting the birthdays of brothers, sister, nieces, nephews and friends. She had a deep faith praying for everyone she ever knew trusting them to God's care.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Seasons Hospice, 597 Randolph Ave, Milton, MA 02186.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

John R. Graham, 89



JOHN R. GRAHAM

John R. Graham, 89, of Dorchester and formerly of Quincy, died peacefully on April 30. A prolific writer, masterful public speaker, and creative event planner, he lived life fully with optimism and enthusiasm. He loved his work (and a martini to end the day), and his career had many facets.

Born and raised in Los Angeles, Mr. Graham was a graduate of Occidental College and the San Francisco Theological Seminary. During the Korean conflict, he served as an intelligence specialist and joked that he fought the battle of Hollywood in offices above the Vagabond Bar on Wilshire Blvd, next to MacArthur Park. Trained in interrogation and surveillance, his prize interviewee was Harry Warner at Warner Bros. studios.

Grateful for the GI bill, he attended seminary and became a Presbyterian minister, beginning his career in Casper, WY as a youth minister. Recognizing Casper was isolated (and "red"), he serendipitously arranged a telephone interview with Eleanor Roosevelt and the kids. The conversation was recorded, played on radio, and created quite a stir.

Mr. Graham moved on to a church in Pacific Palisades, CA where he put his drive, zeal, and creativity to work and successfully grew the church. Seeking more freedom of expression, he became a Unitarian minister in Denver, CO.

For nine years, he approached the task of building the church with vigor, writing provocative sermons and delivering them with his powerful voice. Never one to shy away from controversy, his sermons appeared in unexpected places, includ-

library, expanding Anton's Cleaners' Coats for Kids program and creating the Belle of the Ball program, and crafting a national marketing program for Agway Dealers. An early adopter of technology and avid Apple devotee, he helped several companies move into the digital marketing world.

The author of four mainstream books, he also wrote monthly by-lined articles up until two months before his death, which appeared in many national publications. This led to national and international speaking engagements, which he relished. He had the most fun writing Quincy Business News, a monthly publication blending humorous fake and real business news and driving kids and adults in his 1923 Fiedler #3 fire engine during business and community events.

Those left to cherish John's memory include his wife, Mary Weaver of Dorchester, his son, Tim D. Graham and wife Deb of Centennial, CO, daughter Johnice Bristol and husband Tim of Newton, beloved grandchildren, Tim M. Graham of Denver, CO, Lydia and Owen Bristol of Newton, and great grandchildren, John and Tommy Graham.

Memorial donations may be made to Interfaith Social Services, 105 Adams St., Quincy, MA 02169 or Quincy Community Action Programs, 1509 Hancock St., 3rd floor, Quincy, MA 02169.

A celebration of life is planned for a later date.

Arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

More Obituaries On Page 26 & Page 27

Kathleen H. Rogers, GPO

5/6/21

OBITUARIES

Donna D. Hearn, 79

Donna D. (Kyller) Hearn, age 79, of Quincy, died peacefully April 25 at Brigham and Women's Hospital in Boston, after suffering a stroke.

Mrs. Hearn was born in Hingham, to the late Arne E. and Vera L. (Hoitt) Kyller. Raised and educated there, she was a graduate of Hingham High School.

She had lived in Quincy for most of her life but had previously lived in Florida for seventeen years.

Mrs. Hearn was employed as an administrator for the Hub Pen Company until her retirement.

She was a voracious reader. She also loved the ocean and spending time near the water.

Devoted mother of Diana L. McCool and her partner Rachel of Gainesville, FL, Elayne V. Bohary of New York, NY and her late husband Sean. Loving grandmother of Emma S. Hunter and her husband Michael, and Sidney W. Bohary. Cherished great-grandmother of Alexis Elaine, Sophia Grace, and Juliette Shauna.

One of five siblings, she was the dear sister of Al-



DONNA D. HEARN

Ian Kyller of Scituate, Sally Kyller of Quincy, Peggy Kyller, and Brett Kyller, both of Weymouth. Mrs. Hearn is also survived by several nieces, nephews, and their families.

At the request of the family, memorial services will be conducted at a later date.

Memorial donations may be made to the American Heart Association, 300 5th Ave, Suite 6, Waltham, MA 02451 or heart.org.

"Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict." ~William Ellery Channing

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

Cecilia H. Coneys, 96

A funeral Mass for Cecilia H. (Zebrowski) Coneys, age 96, of Rockledge, Fla., formerly of Milton and Braintree, was celebrated Monday in St. Agatha Church, Milton.

Mrs. Coneys died peacefully April 25, in the comfort of her loving family, at Ginny's Place of Viera.

She was born, April 16, 1925, in Holyoke, to the late Stanley and Bernice (Kacprzynska) Zebrowski. She was raised and educated there.

Mrs. Coneys had lived in Florida for the past two years, previously at Fuller Village at Brush Hill in Milton for fourteen years. She enjoyed her stay there and the many friendships that she developed. Prior to that, she had lived in Braintree for most of her life.

She was a great homemaker, enjoyed cooking, reading, traveling, and in her later years, completed numerous intricate and beautiful needle point pieces for family and friends, boasting all of the time that she could still thread the needle! As a young mother, Mrs. Coneys decorated many birthday cakes in all sizes, shapes, and designs for her children. During her children's early school years, she and her late husband, John, were very active in Saint Thomas More Parish and School affairs as well as the Archbishop Williams High School Parents Association.

She never missed a family event, no matter where it was, and was so proud of her own and extended family. She was a "Mother" to all of them.

Beloved wife for fifty-six



CECILIA H. CONEYS

years of the late John P. Coneys, Jr. Devoted mother of John S. Coneys and his wife Joan of Fort Pierce, Fla., Robert T. Coneys and his wife Dorothea of Quincy, Christine M. Atwater and her husband Delmas of Melbourne, Fla., Paul J. Coneys of Quincy, Carol-Ann Baker and her husband Kenneth of Rockledge, Fla., and James P. Coneys and his wife Natalie of Quincy.

Loving grandmother of eleven grandchildren, ten great grandchildren, and two great-great grandchildren.

The last of three siblings, Mrs. Coneys was predeceased by John S. Zebrowski and Chester E. "Chet" Zebrowski. She is also survived by several nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to Fuller Village at Brush Hill, c/o 1399 Blue Hill Ave, Milton, MA 02186 or The Home for Little Wanderers, 10 Guest St., Boston, MA 02135.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Marie Shuley, 91

A. "Marie" (Connolly) Shuley, 91, of Quincy, died at home peacefully after battling multiple illnesses on May 1.

The beloved wife of the late Paul Shuley. Loving mother of Diane Gill and her husband John of Weymouth and Maureen Eyler of New York. Cherished grandmother of Matthew Gill of Weymouth and Erik Eyler and his fiancee Kelly Monfredini of San Francisco, CA. Sister of Eleanor Leahy of Quincy and the late Margaret Morway, John and Francis Connolly and Teresa Conley. Marie is also survived by many nieces and nephews.

Mrs. Shuley worked for several years at Commercial Union Insurance. She enjoyed gardening, dancing and music. She and her late husband Paul thoroughly enjoyed sitting on their front porch enjoying the view of Wollaston Beach.

Mrs. Shuley loved spending time with her family, she cherished the moments and memories they made together.



MARIE SHULEY

er. She will be sadly missed by all those who were fortunate to have known her.

Out of concern for the Covid pandemic, funeral services will be held privately at Massachusetts National Cemetery, where Marie will be buried with her late husband Paul.

A memorial service will be held at a later date to celebrate her life.

Memorial donations may be made to Massachusetts General Hospital Cancer Center, Development Office, 125 Nashua St., Suite 540, Boston, MA 02114.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Patrick M. Faherty, 79

A funeral Mass for Patrick M. Faherty, age 79, of Marstons Mills, formerly of Quincy, was celebrated Tuesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Beloved husband for fifty-four years of Bridget B. (McDonagh) Faherty. Devoted father of Breeda Snow and her husband Ian of Winthrop, Muiread Pabalish and her husband Sean of Falmouth, Deirdre Davis and her husband Damon of Petaluma, CA, and the late Patrick M. Faherty, Jr. and his surviving wife Tracy of Rhode Island.

Loving grandfather of Lilianna, Liam, Brody, Rory, and Keira. Dear brother of Coley Faherty of Ireland, Michael Faherty of Avon, and predeceased by five sisters. He is also survived by many nieces, nephews, and their families.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.



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- ◆ Funerals
- ◆ Cremations
- ◆ Pre-Arrangements

Service times and directions at:
www.dolanfuneral.com

THE DOLAN FAMILY
W. Craig
Paul F.
Frederick J.
Courtney

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DORCHESTER, MA 02124
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460 GRANITE AVENUE
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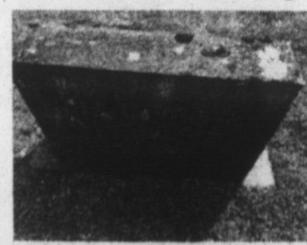
Website: RespectfulCaring.com

Facebook: [RespectfulCaringForCemeteryGraves](https://www.facebook.com/RespectfulCaringForCemeteryGraves)

Email: RespectfulCaring@gmail.com

Phone: 617-479-6879

Gravestone Cleaning



Before



After

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Mildred J. O'Hare, 93

A funeral Mass for Mildred Joan (Corrigan) O'Hare, 93, of Marshfield, formerly of Wollaston, was celebrated April 30 at St. Ann's Church, Quincy.

Mrs. O'Hare died April 23 at Beth Israel Hospital, surrounded by her loving family.

Mrs. O'Hare, the matriarch of a large family, beloved mother of eight, was a strong, hardworking, dedicated mother who took great pride in her family. Born in Allentown, PA she moved to Wollaston as a teenager, and graduated from North Quincy High School, Class of 1946.

She lived in Wollaston most of her adult life, moving to Marshfield after her husband's retirement.

As a young woman she worked for the New England telephone Company until her children were born. Her most important job was wife, mother, grandmother and great grandmother to her large family. A devout Catholic, her



MILDRED J. O'HARE

faith played an important role in her life. In her later years, she could often be found helping out at St. Christine's Church in Marshfield.

An avid reader, Mrs. O'Hare enjoyed traveling, and spending time with her family.

Mrs. O'Hare was the beloved wife of 53 years to the late retired Deputy Chief of the Quincy Fire Department, Francis X. O'Hare. Daughter of Joseph and Mildred (Hagey) Corrigan of PA. She was the devoted mother

of Mildred Neville (Gus) of Hanover, Patsy McPhee (Tommy) of Marshfield, Margaret Fitzpatrick (Richard) of Quincy, William O'Hare (Pat) of Lynnfield, Catherine O'Brien (Joe), Mary Beechinor (John), Ann D'Angio (Carl) all of Westwood, and Michael O'Hare of Marshfield. Loving grandmother of 18 and great grandmother of 35. Preceded by her sisters Alice Ermeling, Anita Lear, Theresa Wallace, brothers Joseph and S. Thomas Corrigan. Beloved aunt of many nieces and nephews.

Private interment at St. Joseph's Cemetery, West Roxbury.

Memorial donations may be made to Boston Children's Hospital Trust, 401 Park Dr. Suite 602, Boston, MA 02215.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

A funeral Mass for Irene M. (Dubois) Goguen, age 90, of Walpole, formerly of Pembroke, Braintree, and Quincy, will be celebrated Thursday at 10 a.m. in St. John the Baptist Church, Quincy.

Mrs. Goguen died peacefully May 1 at home, in the comfort of her loving family.

She was born in Amesbury, to the late Edward J. and Bertha A. (Page) Dubois. She was raised and educated in Weymouth and Quincy and was a graduate of the former Sacred Heart High School in Weymouth, Class of 1948. Mrs. Goguen had lived in Walpole for the past two years, previously in Pembroke, Braintree, and in Quincy Point for most of her life.

As a young woman and prior to her marriage, Mrs. Goguen worked as a secretary in the insurance industry. Most of all, she was an excellent homemaker and loving mother, totally devoted to her children and grandchildren.

Mrs. Goguen enjoyed music and was an avid reader. She also loved the ocean and walking along the beach collecting sea glass.

Irene M. Goguen, 90



IRENE M. GOGUEN

Beloved wife of the late Clarence Paul Goguen. Devoted mother of Eileen Goguen of Walpole, Paul Goguen and his wife Claire of Rockland, John Goguen of Quincy, Dennis Goguen and his wife Lisa of North Andover, Robert Goguen and his wife Paula of Acton, and Susan Duncan and her husband Colin of Littleton.

Loving grandmother "Memere" of Michael, Alex, Anna, Robert, Kati, James, John and Ella. Cherished great grandmother "Grandmere" of Stella.

One of eight siblings, Mrs. Goguen is survived by her sisters, Pauline Delorey of Quincy and Marie Graziano and her husband Frank of Sandwich. She is also survived by many nieces and nephews.

Visiting hours were 4 to 6 p.m. Wednesday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment at Mount Wollaston Cemetery, Quincy.

Services are operating in accordance with current guidelines.

In Memoriam

James M. Gralton

May 4, 1924 -

May 2, 2017



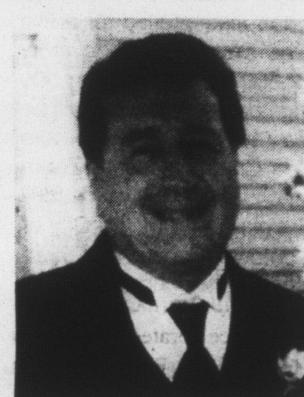
Our forever Love
We miss you more
and more each day.
Your spirit is always
wrapped around us.
We loved you then,
we love you still,
we always have,
we always will.

We know that you would
be here with us today
if only Heaven wasn't
so far away.

Love always and forever,
Mary, Robert,
Maureen, Kathryn,
Karen, Garrett,
Connor, Erin, Tim,
Bridget, Eileen, Donald,
Fallon, Grace,
Robert & Nora

First there were two,
then there were six, then
there were seventeen.

Salvatore A. Rizzo, 92



SALVATORE A. RIZZO

in all facets of his business, he attended and participated in many events in New York City to be on the forefront of emerging styles and trends. Mr. Rizzo enjoyed conducting color training workshops at his salon to local stylists and in 1987, Sal was awarded "Best of Boston" for hair color. As a vested member of the Waban community, Mr. Rizzo was recognized for his contributions by then Mayor Mann for beautifying Waban Square by the planting of captivating flowers and plants.

When it came to automobiles, Mr. Rizzo was an aficionado. In his younger days, he loved refurbishing classic cars and roadsters with his accomplishments often fea-

tured in auto magazines. After retiring as a hair stylist, he used his love for cars to his advantage and transitioned to auto sales. It is no surprise that Mr. Rizzo held top salesman many times over on the Norwood auto mile in the years that he was there because he did it passionately like he did everything else.

Mr. Rizzo was a lover of life and lived it to the fullest. He loved entertaining and enjoyed serenading in his Sinatra-like style whenever the opportunity presented itself at a community musical, wedding or birthday celebration. He relished dining with friends and family at his favorite restaurants as there was nothing that delighted Mr. Rizzo more than having an authentic and delectable Italian meal surrounded by people he loved.

Private interment at Mount Wollaston Cemetery.

Memorial donations may be made to South Shore Hospital or the charity of your choice.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Edith I. Grasselli, 84



EDITH I. GRASSELLI

ish heritage, speaking Finnish fluently. She was an advocate of and helped fundraise for CeCe and Friends Homeless Cat Shelter.

Her family asks, in her memory, to perform a good deed for others to make this world a much happier place.

COVID-19 Funeral Assistance Help Line

(844)684-6333

Monday-Friday 9am-9pm

FEMA will provide financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020.

For all other funeral service needs, please call:

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LEGAL NOTICE**LEGAL NOTICE**

The Emergency Planning and Community Right to Know Act of 1986 (EPCRA), also known as the Superfund Amendment Reauthorization Act (SARA), Title 111, Subtitle C, Section 324, specifies that Local Emergency Planning Committees provide public notice of hazardous chemical reporting information submitted under law. Section 324 also requires annual publication notice in a local newspaper of the ability of the public to view chemical inventory forms and other information submitted to Emergency Planning Committees by facilities possessing hazardous materials. The notice should specify the location of the information and the required procedures for viewing.

The Quincy Local Emergency Planning Committee (LEPC) has completed review of submitted annual Emergency and Hazardous Chemical Inventory (Tier II) reports for facilities located within the City of Quincy possessing reportable quantities of hazardous materials for reporting year 2020. The Quincy LEPC Hazardous Materials Response Plan and Tier II reports are available for public viewing at the City of Quincy Office of Emergency Management, located at One Merrymount Parkway, Quincy, MA. Requests to view these documents should be made in writing to: Mr. Ally Sleiman, Chair, Quincy Local Emergency Planning Committee, One Merrymount Parkway, Quincy, MA 02170.

5/6/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-15

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Virtual Capital Group LLC** for a Variance/Special Permit Flood Plain to remove existing single family house and construct a new side by side, duplex style building in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements), Chapter 5.1.16 (paving regulations) and Chapter 8.1.9 (special permit flood plain) on the premises numbered **651 SEA STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: May 25, 2021 5:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/95323003629?pwd=empIQUtZWjZjdERV>

OVVLaWZrb20yZz09

Meeting ID: 953 2300 3629

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 953 2300 3629

Passcode: 404871

Find your local number: <https://zoom.us/u/adZ0fyokiv>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

5/6/21, 5/13/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-22

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **David Giuliano** for a Variance to construct an addition of a bathroom and dining room on the first floor in violation of Title 17 as amended, Chapter 3.4.5 (nonconforming) and Chapter 4.1.1 (conformance) on the premises numbered **359 BELMONT STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

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5/6/21, 5/13/21

Money Issues Ruining Your Relationship? 5 Tips To Resolve Them

The COVID-19 pandemic has played havoc with families' finances through lost jobs, squeezed budgets, increased debt, and missed payments.

Money and the decisions spouses make with it are one of the main sources of stress among couples, and

sometimes money issues end relationships or cause divorce. But differences can be solved or managed if couples learn to listen to each other and work as a team to formulate a sensible plan, says financial planner Aaron Leak, the founder of ECL Private Wealth Management.

"No matter how long you have been together, financial issues can wreak havoc on a committed relationship," Leak says. "When couples don't agree about spending and saving habits, it causes arguments and resentment.

"But understanding what you're fighting about and why helps you and your partner come up with solutions. By being transparent

and honest with each other about your finances, you can not only prevent arguments that strain your relationship, but you will strengthen it."

Leak offers these tips for couples to address and resolve financial issues:

- Understand your money styles.** Think of some extreme examples of money styles in your circle.

Like your friend, the foodie, who won't touch a bottle of wine that costs less than \$75. Or your sister who constantly surfs Amazon. Or your mom who washes aluminum foil, then folds and reuses it. Everyone has a money style, and it's helpful to talk about it without any name-calling or labeling involved. Understanding your

partner's spending habits often involves a deep-dive into money fears, scarcity memories and childhood traumas. Come up with a spending plan that works for both of you.

- Decide how to divvy up the bills and save for future goals.** You can both put all your earnings in a joint account and pay everything out of that. Or you can split bills down the middle and keep the rest of your own earnings for yourselves. Once you have decided how the bills get paid, you need to devise a plan for saving for your long-term goals. Remember that you need to work closely together as life changes arise — such as one of you losing a job or cutting back on hours to care for a parent. If 2020 has taught us anything, it's that contingency plans are always advisable.

- Create personal spending allowances that stay personal.** Having some personal money that's designated just for you each month can really help how you feel about your relationship. It can also help avoid relationship-ruining

*Cont'd On Page 29***LEGAL NOTICE****INFORMAL PROBATE PUBLICATION NOTICE**

Docket No. NO11P2909EA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200Estate of:
Margaret A.

Scribner Keleher

Date of Death:
September 4, 2011

To all persons interested in the above captioned estate, by Petition of:

Petitioner Kathleen R. Keleher of Roslindale, MA.
a Will has been admitted to informal probate.

Kathleen R. Keleher of Roslindale, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

5/6/21

NOTICE OF PUBLIC HEARING

Case ZBA 20-82

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Robert Penniman** for a Variance to remove existing degraded masonry stairs to add a new 7' x 16' deck with stairs in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **11 VERCILD STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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5/6/21, 5/13/21

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Bank Of Canton To Host 'Savvy Social Security' Planning Zoom Sessions

B.O.C. Financial Services, located at Bank of Canton, is offering two complimentary online Zoom sessions in May, designed to help attendees with Social Security and retirement income decision-making.

The "Savvy Social Security Planning" presentations will take place on Thursday, May 20, from noon to 1 p.m. and again from 6:30 to 7:30 p.m.

"Social Security is a complex system," said Peter J. Fredericksen, investment executive with B.O.C. Financial Services and Infinex Financial Group. "How we (and our spouses) approach Social Security can have a significant impact on our benefits and our household income in retirement."

Titled Savvy Social Se-



PETER FREDERICKSEN

curity Planning, the presentation will provide attendees with tips and strategies for maximizing their Social Security benefits and retirement income. Calculation formulas, amounts, and spousal and survivor benefits will be covered, along with any questions from attendees.

"My goal with these sessions is to demystify the So-

cial Security filing process, explain the different acronyms and benefits formulas and illustrate what the different choices and outcomes are for people in various financial situations," Fredericksen said.

The online sessions are free and open to the public. Login details will be provided to those who RSVP.

To RSVP and for additional information, call 781-830-6152

Investment and insurance products and services are offered through INFINEX INVESTMENTS, INC. Member FINRA/SIPC. B.O.C. Financial Services is a trade name of Bank of Canton. Infinex is not affiliated with the bank. Products and services made available through Infinex are not in-

sured by the FDIC or any other agency of the United States and are not deposits

or obligations of nor guaranteed or insured by any bank or bank affiliate. These products are subject to investment risk, including the possible loss of value.

Money Issues Ruining Your Relationship? 5 Tips To Resolve Them

Cont'd From Page 28

behavior like "financial infidelity," when one spouse hides money or purchases from the other. The personal spending allowance gives each partner the chance to spend their money however they wish, no questions asked.

- **Face and eliminate undesirable debt.** Couples should employ a strategy to pay off debt, such as paying off the higher-interest debt first or paying off the smallest loans first (the snowball method). Payments on credit

cards, car loans, and student loans can devour monthly budgets, so the sooner they are paid off, the better.

- **Set a budget you can live with.** One of the best ways to keep in sync with your partner financially is to have a budget as part of your overall plan. The budget includes your household bills, your personal spending allowance, your debt-paying strategy, and your monthly budget for long-term goals like retirement.

"Relationships take consistent work in order to be

happy and successful, and money management is a big part of it," Leak says. "The best way to be sure you and your spouse are staying on the same page financially is to talk honestly and without judgment."

Aaron Leak (www.eclpw.com) has 16 years of experience in the financial industry and is the founder of ECL Private Wealth Management. He holds Series 7, 6, 63 and 66 licenses as well as life, health, and property and casualty insurance licenses.

NOTICE OF PUBLIC HEARING

Case ZBA 21-32

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Coleman Barry** for a Variance to construct a covered deck in violation of Title 17 as amended, Chapter 4.1.1 (setbacks) on the premises numbered **25 HILLSBORO STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: May 25, 2021 5:30 PM Eastern Time (US and Canada)

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OVVLaWZrb20yZz09

Meeting ID: 953 2300 3629

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 953 2300 3629

Passcode: 404871

Find your local number: <https://zoom.us/u/adZ0fyokiv>

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5/6/21, 5/13/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-24

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Wenli Cai** for a Finding to enclose the existing front porch in violation of Title 17 as amended, Chapter 3.4.3 (nonconforming extension) on the premises numbered **62 EDGEMERE ROAD, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: May 25, 2021 5:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Passcode: Quincy

Dial by your location

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5/6/21, 5/13/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-29

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Debra Collins** for a Variance to install a wall mount sign in violation of Title 17 as amended, Chapter 5.3.9 (1) (signs) on the premises numbered **122 GRANITE STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: May 25, 2021 5:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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OVVLaWZrb20yZz09

Meeting ID: 953 2300 3629

Passcode: Quincy

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Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

5/6/21, 5/13/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-25

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Daniel Tarabelli** for a Variance to construct a two story addition and a deck in violation of Title 17 as amended, Chapter 3.2.3 (accessory structure) and Chapter 4.1 (setbacks) on the premises numbered **140 SQUANTO ROAD, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: May 25, 2021 5:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Meeting ID: 953 2300 3629

Passcode: Quincy

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Meeting ID: 953 2300 3629

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Find your local number: <https://zoom.us/u/adZ0fyokiv>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

5/6/21, 5/13/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-27

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Jeffrey Peyton** for a Variance to expand the existing deck to 10' in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **36 TOWN HILL STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: May 25, 2021 5:30 PM Eastern Time (US and Canada)

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5/6/21, 5/13/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-26

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, May 25, 2021 @ 5:30 P.M. to consider the application of **Mark Sheff** for a Variance to add a deck onto the front of the property in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **9 CHICK STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: May 25, 2021 5:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

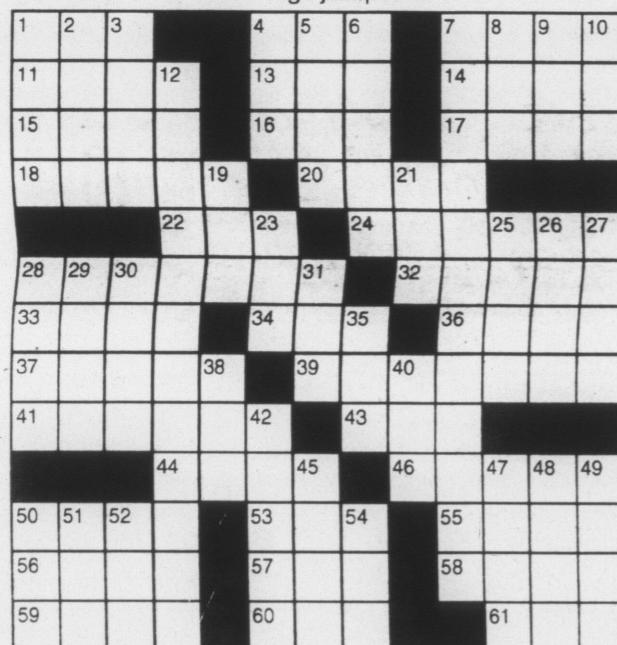
[https://zoom.us/j/95323003629?](https://zoom.us/j/95323003629?pwd=empQUtZWjZjdERV)

SUN FUN PAGES

King Crossword

ACROSS

- 1 Put two and two together? 55 Traditional tales 19 Blackbird
- 4 Recede 56 Ms. Brockovich 21 In the style of 23 "CSI" evidence
- 7 Crib cry 57 Scratch (out) 25 Ocho —, Jamaica
- 11 Weaving frame 58 List-ending 26 Isaac's eldest
- 13 Standard abbr. 27 Cozy rooms
- 14 Author Hunter 59 Lights-out tune 28 Doorframe piece
- 15 Falco of "The Sopranos" 60 Gender 29 Cruising
- 16 "The Greatest" 61 Hill dweller 30 Flag feature
- 17 Donate 1 Mr. Guinness 31 Mentalist's gift
- 18 Line dance 2 Nitwit 35 Church seat
- 20 Wife of Jacob 3 Slay 38 Stitch
- 22 Moreover 4 Ecol. watchdog 40 Helium, for one
- 24 Like bell-bottoms 5 Event for 42 Oxen harnesses
- 28 Fragrant flower 6 Fleeting 45 Goddess of victory
- 32 Ouzo flavor 7 The Duchess 47 Tiny bit
- 33 Sparkling Italian wine 8 of Sussex who 48 Drescher or Tarkenton
- 34 Nile biter 9 Once starred in 49 Fedora fabric "Suits"
- 36 Complain 10 Bird (Pref.) 50 Wager
- 37 Daily trio 11 Dallas hoopster, briefly 51 Man-mouse link
- 39 Flying horse 12 Chemical suffix 52 Energy
- 41 Soup grain 13 Multi-state lottery with a huge jackpot 54 — -Mex cuisine
- 43 — of 1812
- 44 Victor's cry
- 46 Small boat
- 50 TV clown
- 53 Tool set



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MAGIC MAZE ● — ORDER



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: Order a Product Out of Stock

Apple-pie	Law and	Natural	Special
Executive	Market	Pecking	Standing
Firing	Military	Purchase	Written
Gag	Money	Short	

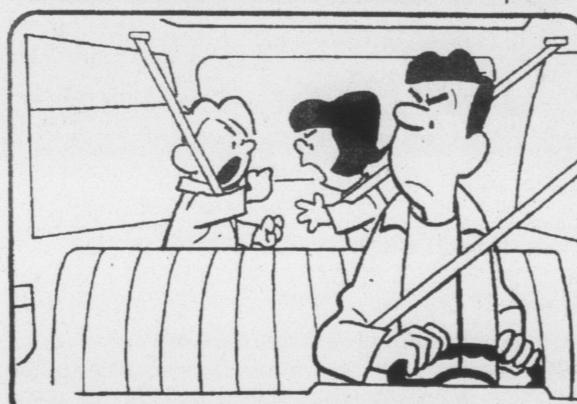
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HOCUS-FOCUS

BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Bow is missing. 2. Shirt is different. 3. Arm is lowered. 4. Steering wheel is different. 5. Window is open. 6. Seat is different.



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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Here we go again! Remember when HBO Max considered dropping "Gone With the Wind" from its playlist because a film director of color objected to the depiction of slaves in that classic film? Now an article in The National Review called TCM Movies "an enemy of film watchers because they've succumbed to political fashion because of films that were made before 'wokeness.' This process re-examines the vagaries of art with disapproval. They're looking for flaws, errors and offenses." The internet has given voice to people who have a right to opine but not to demand censorship. Such as the those who suggested "Grease" be banned because it was "sexist, homophobic and slut shaming."

TCM hosts often appear before or after films with comments about the making of the film or its stars, but they also can go too far. Many were shocked to hear three of the hosts complaining about how "My Fair Lady" ended. One of the female hosts suggested Eliza Doolittle wasn't forceful enough with Henry Higgins, and she seemed dissatisfied not knowing if they married and lived happily ever after. "My Fair Lady" was released in 1965, won 10 Academy Awards, including best picture, actor and director. George Bernard Shaw, the author of "Pygmalion," the play from which the mega-hit Broadway show and film were based, was adamant that "Eliza emancipate herself and not relapse, she must retain her pride and tri-

umph to the end."

Today's "cancel culture" is purporting to judge great films made before our so-called wokeness, films that depict THEIR times, but with the morals and ways of our times. To presume to whitewash these visions of life in those period pieces is absurd. "Gone With the Wind" told a story about the Civil War based on a novel, not a textbook. "My Fair Lady" was Shaw's vision of his times, not a true story. "Grease" is what it is ... a writer's view of teenagers in 1959. We need to do something to stop this "cancel culture" before all the great films and books have been picked apart ... as in Ray Bradbury's brilliant "Fahrenheit 451," which was about burning books because the government wanted to keep people illiterate! Would you rewrite your own family history because you don't like how it unfolded, and edit out the parts you don't like?

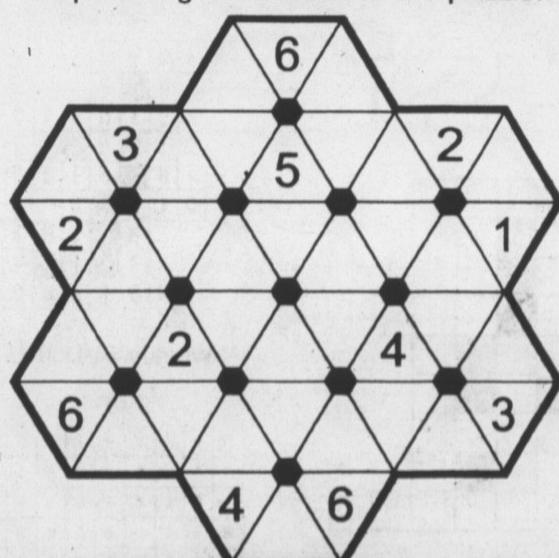
Speaking of classics, Oscar-winning actress Helen Mirren (for "The Queen"), now 75, hits big screens June 25 in "F9," followed by "White Bird: A Wonder Story," with Gillian Anderson, before taking on Golda Meir in "Golda." Nobody has played the former Israeli prime minister since Ingrid Bergman won an Emmy for "A Woman Named Golda" (1982). Meir lived to be 80, leaving "lots of wiggle room" for Mirren.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆
◆ Easy ◆◆ Medium ◆◆◆ Difficult

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HOLLYWOOD

by Tony Rizzo

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umph to the end."

Today's "cancel culture" is purporting to judge great films made before our so-called wokeness, films that depict THEIR times, but with the morals and ways of our times. To presume to whitewash these visions of life in those period pieces is absurd. "Gone With the Wind" told a story about the Civil War based on a novel, not a textbook. "My Fair Lady" was Shaw's vision of his times, not a true story. "Grease" is what it is ... a writer's view of teenagers in 1959. We need to do something to stop this "cancel culture" before all the great films and books have been picked apart ... as in Ray Bradbury's brilliant "Fahrenheit 451," which was about burning books because the government wanted to keep people illiterate! Would you rewrite your own family history because you don't like how it unfolded, and edit out the parts you don't like?

Speaking of classics, Oscar-winning actress Helen Mirren (for "The Queen"), now 75, hits big screens June 25 in "F9," followed by "White Bird: A Wonder Story," with Gillian Anderson, before taking on Golda Meir in "Golda." Nobody has played the former Israeli prime minister since Ingrid Bergman won an Emmy for "A Woman Named Golda" (1982). Meir lived to be 80, leaving "lots of wiggle room" for Mirren.

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: * * *

* Moderate ★★ Difficult
★★★ GO FIGURE!

	x		-	22
x		x	÷	
	x		+	14
-		+	+	
	x		-	12
17	18	13		
2	3	4	5	6
7	8	9		

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Strange BUT TRUE

* Are you a fan of hot peppers? One you might want to avoid is the Dragon's Breath chili pepper, which could kill you by causing a type of anaphylactic shock, burning and even closing your airway. But Mike Smith, its inventor, never intended it to be eaten: It was actually developed for use as a topical numbing agent for people who are allergic to regular anesthetics.

* Only two countries use the color purple in their national flags -- Dominica and Nicaragua.

* Steven Spielberg's adaptation of Peter Benchley's "Jaws" made a lot of folks afraid to go back in the water, but perhaps what they should have been more concerned about is the fact that the sea is also home to nearly 200,000 different kinds of viruses!

* It is illegal to enter the House of Parliament while wearing a suit of armor.

* The first person to be charged with driving too fast was Walter Arnold, of

the English village Paddock Wood in Kent. On Jan. 28, 1896, he clocked in at four times the speed limit in his Benz -- or a whopping 8 mph. A constable chased him down on a bicycle and issued Arnold a ticket.

* Just as earth has earthquakes, the moon has -- you guessed it -- moonquakes. While less common and less intense than the shakes we know and dread, they're believed to result from tidal stresses connected to the distance between the two bodies.

* The Elysia cf. marginata, a type of sea slug, can not only survive decapitation, but grow an entire new body afterward.

* Pineapple works as a natural meat tenderizer. It's packed with the enzyme bromelain, which breaks down protein chains.

Thought for Today: "Towering genius despairs a beaten path. It seeks regions hitherto unexplored." -- Abraham Lincoln

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Now here's a tip!

by Jo Ann Derson

* We heard from J.D. in Northern Colorado about a recent tip on egg carton use. He wanted to remind me that while Styrofoam egg cartons may be easily recyclable in some places (I take them to my local grocery store), that's not true for all states. Thanks for the reminder, J.D., and for being a reader. Maybe it's time to lobby our grocery chains to switch to cardboard cartons.

* "I put dryer sheets in any size wastebasket. One can put three or four folded out to stand up and put a bag in the basket for a fresher smell. Change dryer sheets as often as you like." -- S.H. in Minnesota

* B.H. in Washington has an interesting tactic to keep ants off her hummingbird feeder, which hangs from a pole. "Cut a small hole out of the bottom of a grocery sack, thread the hole on the pole, slide down about two-

thirds of the way, tape the edges to the pole tightly, and let the sack hang down like a bell. You will never have another ant climbing up your feeder pole."

* Get lots of extra bathroom storage by hanging an organizer over the back of the door. Look online and you'll find fancy versions made with drawers and hooks, or just use a good old-fashioned plastic shoe organizer that you can pick up at your local big box for less than \$10.

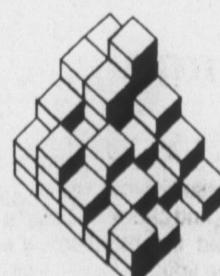
* To remove a persistent smell from a lunchbox, wash thoroughly with baking soda and dish soap, then hang to dry. Stuff the lunchbox with crumpled up newspaper and seal for a day. Remove the newspaper, and hopefully the smell with it.

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STICKELERS

by Terry Stickels

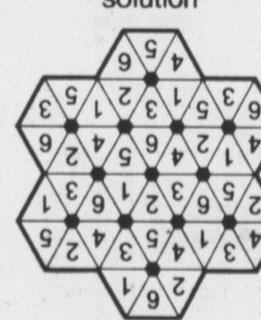
How many individual cubes are in the stack below? Assume each stack runs to completion.



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SNOWFLAKES

solution



17	18	13	
7	x	3 -	9
-	+	+	12
4	x	2 +	14
x	-	+	
6	x	5 -	8
6	5	4	22

Stickelers Answer

Three are 47 individual cubes.

— Go Figure! —
answers

Amber Waves



by Dave T. Phipps



Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

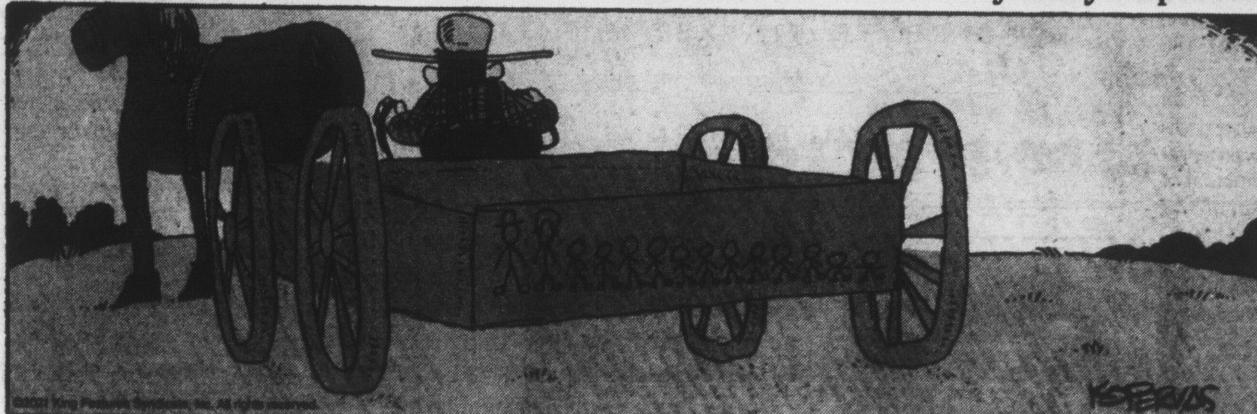
1	5	3	1	2	3
5	2	4	3	6	6
3	4	3	1	5	
4	2	3	3	4	2
2	1	5	4	4	2

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

1	3	5	4	2	3
5	2	4	3	6	6
6	5	4	2	3	5
2	6	4	1	5	3
5	1	2	6	5	4
3	6	6	6	4	2

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Out on a Limb



by Gary Kopervas



Flea Baths Offer Cats Only Temporary Relief

DEAR PAW'S CORNER:

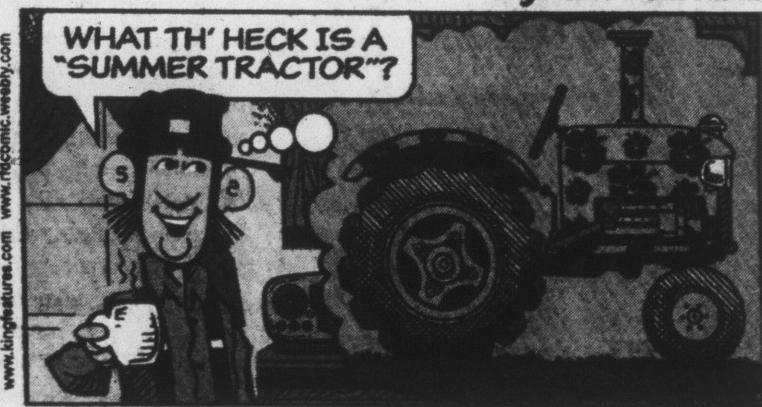
After my mother passed away last year, I brought her two cats to live with me. They're sweet and have settled in nicely, but they also have fleas. These came with them from my mom's house. Giving them a bath removes the fleas temporarily, but after a couple of weeks both cats are covered again. How can I get rid of these pests once and for all? -- Jeremy in Knoxville

DEAR JEREMY: My condolences on your mother's passing, and thank you for caring for her pets.

While it may be impossible to completely get rid of fleas, you can drastically reduce the level of infestation on your cats. Here's how:

-- Continue regular treatment of the cats through flea baths, collars or topical treatments.

R.F.D.



by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Insult

RESCU

--	--

Poison

LYTER

--

Dinner

PINTO

--

Acrostic

CHEGAR

--

TODAY'S WORD

"How many times have I told you not to think?"



TOP TEN VIDEO, DVD for release week of May 3, 2021

Video on Demand

- News of the World (PG-13) Tom Hanks
- Promising Young Woman (R) Carey Mulligan
- City of Lies (R) Johnny Depp
- Nobody (R) Bob Odenkirk
- Wonder Woman 1984 (PG-13) Gal Gadot
- The Courier (PG-13) Benedict Cumberbatch
- The Croods: A New Age (PG) animated
- Barb and Star Go to Vista Del Mar (PG-13) Kristen Wiig
- Assault on VA-33 (R) Sean Patrick Flanery
- The Little Things (R) Denzel Washington

DVD, Blu-ray Sales

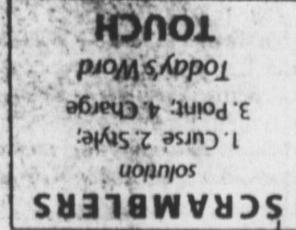
- Wonder Woman 1984 (PG-13) Warner Bros.
- Willie's Wonderland (TV-M) Screen Media
- Soul (PG) Pixar
- News of the World (PG-13) Universal
- Shadow in the Cloud (R) Lionsgate
- Monster Hunter (PG-13) Sony
- The Croods: A New Age (PG) Universal/Dreamworks
- Neighbors 2-Movie Collection (R) Universal
- Escape Plan 3-Film Collection (R) Lionsgate
- Godzilla: King of the Monsters (PG-13) Warner Bros.

Source: Comscore/Media Play News

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Hitori answer

3	6	6	6	4	2
5	1	2	6	5	4
2	6	4	1	5	3
6	5	4	2	3	5
5	2	4	3	6	6
1	3	5	4	2	3



MORE FUN

COUCH THEATER DVD PREVIEWS

BY AMY ANDERSON

From a Cinderella story ("Ever After," with Drew Barrymore as cute as a button) to ruthless, empire-building strategy that plays out over years ("Game of Thrones," anyone?), people just love royalty. However, there's one family that seems to captivate Western attention again and again: the throne keepers of Merry Old England.

In any grocery store aisle you'll see magazines filled with stories of William and Kate, Harry and Meghan, and a solitary Queen Elizabeth mourning the recent loss of husband Prince Phillip. Some 750 million people tuned in to watch Lady Diana wed Prince Charles. And that was 1981! Here is a royal flush of films to satiate your need for nobility.

Elizabeth — The most fascinating of the English queens, Elizabeth I (Cate Blanchette), rises to the throne upon the death of her half sister Mary. The prevailing advice is for Elizabeth to marry in order to solidify her claim of the crown. She instead carries on an affair with an English lord (Joseph Fiennes). But her court is awash in conspiracy and intrigue, so with the help of her ruthless adviser Frances Walsingham (Geoffrey Rush), Elizabeth establishes her place as the "Virgin Queen," who needs no man.

Mary, Queen of Scots — A liberal dose of history and two fantastically intriguing characters converge in this film that chronicles two strong women's struggle to find respect in 16th-century England and Scotland. Margot Robbie is Queen Elizabeth I, unable to conceive and so with a tenuous command of the English crown. Saoirse Ronan is Mary, the Catholic queen returned from France to take her place on the Scottish throne.

Victoria & Abdul — Dame Judy Dench dons the crown as Queen Victoria. Ali Fazal plays Abdul

Karim, a Muslim clerk from India dispatched to the court of Victoria to present her an honor: a gold coin printed with her likeness. Abdul is a welcome change from the suffocating pleasure of the courtiers, and Victoria adopts him as a friend, a friendship not without adversity.

The King's Speech — Colin Firth (himself a bit of dreamy English star royalty) takes the central role as Prince Albert, future king of England, George VI. He suffers from a debilitating stammer for which he employs an Australian speech therapist (Geoffrey Rush). The film — a Best Picture Oscar winner — follows their long relationship, from the days before his older brother abdicates the throne through the preparation to deliver his most monumental of speeches: Britain's declaration of war on Nazi Germany.



Focus Features

Margot Robbie in "Mary Queen of Scots"

The Queen — In a sublime performance, Helen Mirren captures Queen Elizabeth II in the days surrounding and following the death of Diana, Princess of Wales, in a car accident in Paris. Beloved by the public as Diana was, the response to her loss was botched by official royal sources. Michael Sheen plays Tony Blair, the British prime minister who attempts to manage the public and private perceptions about the role of the monarchy in a modern age.

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Contract Bridge

FAMOUS HAND

North dealer.
East-West vulnerable.

NORTH

♦ A J 5
♦ Q 10 9 6
♦ A 4
♦ K J 8 7

WEST

♦ 8 2
♥ J 8 7 5 3
♦ 10 6 3
♦ 6 5 2

SOUTH

♦ Q 9 3
♥ A K
♦ K Q 9 8
♦ A Q 10 9

The bidding:
North East South West
1 NT Pass 4 ♦ Pass
4 ♦ Pass 5 NT Pass
6 ♦ Pass 7 ♦
Opening lead — five of hearts.

Not much is written about "table feel" — the ability to sense where certain missing key cards are located. Nevertheless, it is a fact of bridge life that all players try to draw inferences from the actions of their opponents — and that some players are much better at it than others.

Take this case from the 1996 Spin-gold Teams. South — Bart Bramley and his partner, Sidney Lazard — reached seven clubs as shown, and it was up to Bramley to find the way to make it. His only problem was how to avoid a spade loser. With the king

of spades offside, it might appear that Bramley was destined to go down one, but he proved otherwise.

He won the heart lead with the ace, drew three rounds of trump, East discarding a spade, and cashed the heart king. This was followed by a diamond to the ace and the queen of hearts, East and declarer each discarding a spade. Bramley then ruffed the ten of hearts, East discarding a third spade, and led the queen of spades, on which West followed low.

At this point, Bramley stopped to review all the accumulated information — including what his "table feel" told him. From the standpoint of pure probabilities, East was far more likely to hold the spade king, since he had started with only two clubs and two hearts. This left him with nine cards in spades and diamonds as opposed to only five cards in those suits for West. Also, West might have covered the queen of spades with the king if he had it.

But on top of this, East had shown increasing signs of distress in choosing his three discards, and this made Bramley even more certain that East had the spade king.

So Bramley put up the ace of spades and cashed dummy's last trump, discarding his remaining spade. East, who at this point had the J-7-5 of diamonds and lone king of spades guarding against dummy's jack, elected to let go of a diamond, and declarer's K-Q-9 of diamonds took the last three tricks.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec
CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I Z E J E U I F L J E T H J W F U I F J S N P N

B C M B O L F U P O N P U I F S ' T E B Z ?

C F D B V T F T I F X B T U I F

D P P M F T U N P N .

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Cute Zucchini Meatloaf Muffins

Even if the men in your family aren't wild about zucchini, they'll go wild over these cute muffin meatloaves.

16 ounces extra-lean ground turkey or beef
1/2 cup plus 1 tablespoon dried fine breadcrumbs
1/4 cup finely chopped onion
3/4 cup shredded unpeeled zucchini
2 teaspoons Italian seasoning
1 cup (one 8-ounce can) tomato sauce
Sugar substitute suitable for baking to equal 1 tablespoon sugar

1/3 cup shredded reduced-fat mozzarella cheese

1. Preheat oven to 375 F. Spray a 6-well muffin pan with olive oil-flavored cooking spray.

2. In a large bowl, combine meat, breadcrumbs, onion, zucchini, 1 teaspoon Italian seasoning and 1/2 cup tomato sauce. Mix well to combine. Evenly divide meat mixture between prepared muffin cups and make indentation in the center of each.

3. In a small bowl, combine remaining 1/2 cup tomato sauce, sugar substitute and remaining 1 teaspoon Italian seasoning. Stir in mozzarella cheese. Evenly spoon about 1 tablespoon sauce mixture over top of each "muffin."

4. Bake for 30 to 35 minutes. Place muffin pan on wire rack and let set for 5 minutes. Remove "muffins" from pan and serve at once. Freezes well. Serves 6.

* Each serving equals: 188 calories, 8g fat, 17g protein, 12g carb., 457mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Vegetable, 1/2 Starch.

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1. Who wrote and released "Hang On in There Baby"?

2. How did The Eagles get their start?

3. What was John Denver's first U.S. No. 1 hit?

4. Which singer wrote and released "Tracks of My Tears"?

5. Name the song that contains this lyric: "How many roads must a man walk down before they call him a man?"

Answers

1. Johnny Bristol, in 1974. Bristol was the songwriter/producer behind dozens of Motown hits, including "Your Precious Love," "If I Could Build My Whole World Around You" and "Twenty-Five Miles."

2. Linda Ronstadt recruited some of them (Glenn Frey, Don Henley and Bernie Leadon) to tour with her and play on her third album before they went out on their own.

3. "Sunshine on My Shoulders," in 1974.

4. Smokey Robinson, in 1965. But it was Johnny Rivers' own version that topped the charts in 1967.

5. "Blowin' in the Wind," by Bob Dylan in 1962. The song asks questions about freedom, peace and war, and ended up on Rolling Stone's 500 best songs list in the No. 14 slot. It started as only two verses with the middle one added later.

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Puzzles4Kids

Answer

Why did the kids give their mom a blanket on Mother's Day?
Because she was the coolest mom.

M

A

6

2

0

2

1

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PERSONAL THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA					
Happy 30th Wedding Anniversary, Karla & Peter					
A heart is not judged by how much you loved It's how much you are loved by others Wizard of Oz					
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 Personal
 Miscellaneous

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5-10 WEEKS

11 WEEKS OR MORE

\$9.00 for one insertion, up to 20 words, 10¢ for each additional word.

\$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.

\$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.

\$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.

Enclosed is \$ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

Dear Mom,

With Mother's Day approaching great memories come to mind of your unconditional love.

*You cooperated with our Creator and gave me life.
You fed me, clothed me, and held me when
I was sick.*

*You brought me to school on the first day
and made my lunches.*

*You helped me with my homework (especially spelling),
and you helped me learn how to ride a bike.*

*You taught me the importance of family, how to be a loyal friend, and to help others
in need.*

*You and Dad gave me the gift of faith - a belief in God and an appreciation of His
love for us.*

*I remember you and pray for you everyday and I know from your
place in Heaven you are praying for us.*

*On behalf of your eight children,
16 grandchildren and 16 great
grandchildren*

- Thank you!

*Love,
Tom*



*Mayor Tom Koch with his mother
Simone Koch.*

M
A
Y

1
3

2
0
2
1

*It is in that spirit I wish all mothers a
Happy Mother's Day!*

Mayor Tom & Christine Koch